THE GUN CLUB COOK BOOK

By Charles Browne

The Sun
Board Room

The Gun Club Cook Book

There being no leisure class in the United States, the morning breakfast is usually compounded of hurry, worry, and excess.

The Gun Club Cook Book

or a

Culinary Code
for Appreciative Epicures

Being a discussion of the
methods and procedures of cooking, together with
observations on kitchen usages, and including
many receipts from many lands

By

CHARLES BROWNE

Sometime Mayor of Princeton; one time Member of Congress;
A.M., M.D., and some other things, but primarily
interested in cookery

Illustrations by
LEONARD HOLTON

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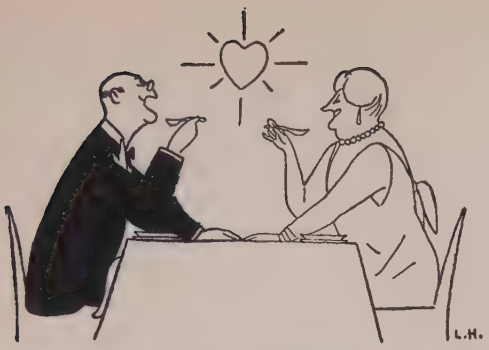


. . . good cooking is rather the handmaiden of maturer love.

Dedication

IN GENERAL this book is dedicated to those who agree that the sense of taste has an æsthetic value; who believe that the proper preparation and presentation of food is no mean art and who know that to honor one's stomach is to humor one's disposition and that a good disposition is one of mankind's greatest blessings.

This book is not for the blushing bride—if such there be nowadays—fuming in a kitchenette. To cook needs time and room and concentration and to cook is not the function of the honeymoon; let the delicatessen store carry on during this excitable period; good cooking is rather the handmaiden of maturer love.

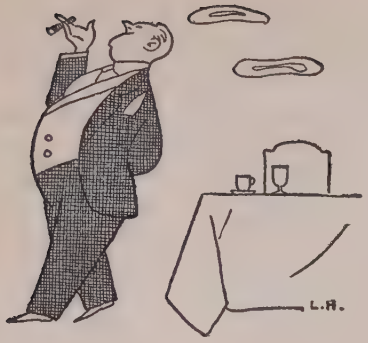
And from prohibitionists and from those who "do not care what they eat so long as they get the proper nourishment," good Lord, deliver us.

Prohibitionists, who judge happiness by the bank balance and who do not want others to have what they

don't like themselves, having no appreciation of the social or traditional value of the products of the vineyard, it is hardly likely that they can comprehend the æsthetic value of food preparation or presentation.

And these other crass materialists who eat merely to live, why cater to a taste they have not? To such persons music should be judged by the amount of noise, painting by the quantity of paint and dining by the size of the trough.

And so we dedicate this book to the goodly company of those who can appreciate what is set before them and to whom a good meal may be a pleasure as well as a necessity.



Contentment lies close to the diaphragm.

Preface

THE PRESENTATION of a new cook book needs no apology. It is trite to say that cooking is a necessity; it can be and should be a fine art. We do not hold with those who pretend to think that it is vulgar and grossly material to cater to the sense of taste while exalting the other senses. Millions are spent to humor the sense of smell, and perfumes have their uses. More millions go to please the eye and a beautiful painting is a joy forever. The sense of hearing has countless devotees and certainly music hath charms. Then why not also honor the *plat du jour*, since the pursuit of happiness, and indeed life itself, depends upon it? He who runs may read but without food none can run a good race. If an army fights upon its stomach (as Napoleon or someone else has said) the arts of peace depend also upon a well-fed nation.

Contentment lies close to the diaphragm and a contented people bodes well for posterity.

Ergo—look at fine paintings, listen to happy harmonies, perfume your women if you will but decry not the fleshpots for, when not overdone, therein lies a high road to happiness.

Pilsener was a pleasing adjuvant.

Introduction

THE GUN CLUB

And now to connect the Gun Club with cookery.

A dozen years or so ago the Nassau Gun Club in Princeton, New Jersey, was organized for the purpose of shooting clay pigeons. A platform and trap were installed and later a small house was built wherein an open fire warmed the shooters between shoots and consoled those who did not linger in the "miss and outs." It became the custom to entertain visiting teams at dinner after the shoots and to make these dinners more intimate and sociable, a private dining room was built in the town club (the Nassau Club) by the Gun Club members. These were during the happy days before the curse of Prohibition had spread its blight over the land and as often as not a half barrel of Pilsener was a pleasing adjuvant, if not the main issue, at dinner.

Shooting increased in popularity and a larger room was constructed at the shooting grounds and then it became possible to serve a light lunch—with aforementioned adjuvant perhaps—during the shoot.

BUILDING THE CLUB HOUSE

Prosperity—possibly for these reasons—continued and so came a day (as our movie friends say) when the members moved the club to a better location and built the "Gothic" dining room. This was pleasant work and not difficult. One member was a master builder, the same who later was "decorated" by the University as a Master in Science, when he built the Princeton Chapel. Perhaps, though 'tis doubtful—what he learned at the Gun Club helped him with the Chapel! Another member was in the tile business and so came tiles of varied hues. A plumber member plumbed somewhat. Another member made (or inherited the company which made) superfine kitchen ranges (adv.?) and so the kitchen stove was installed. Since the President of the Club was Mayor of the Borough of Princeton it was natural that the fireplaces and chimneys were built from granite Belgium blocks removed from Nassau Street—not for the purpose perhaps—but in the inexorable march of progress when concrete took the place of cut stone in curbs and gutters. The Gothic touches came from left-over carvings from the Graduate College and other University buildings. The hearthstone was from the Bristol post-office, a corner stone there but condemned by the Government because in addition to that of the Secretary of the Treasury the architects were bold

enough to inscribe their own names. The floor of the "main room" was made of oddly assorted stones, some slates from the shower baths of the old gymnasium reminiscent of the golden nineties, even a tombstone with an inscription saying a youth had "died happy" in 1816, in his twenty-fourth year. Rather young to die happy but then in those days they married earlier.

AND NOW THE KITCHEN

And so with much enthusiasm and little cost the Gun Club built its kitchen, dining hall and furniture and so the business of cooking lunches and dinners became important and many who came to shoot remained to eat and it wasn't long before the non-shooting membership exceeded the shooters and the menu became of more moment than the miss and out. And if the shooting averages fell off a bit, who should worry? a roast quail is better than a clay pigeon and onion soup is more to be desired than a great score.

AND THE COOK BOOK

So now we write a cook book and everything herein recorded has been cooked by members of the Gun Club and while we hope it will prove of interest to the general public, it will also without doubt conjure up many pleasant memories to members themselves.

This cook book differs from all other cook books in several respects. First of all we do not quote—on the title page at least—from Owen Meredith, William Shakespeare or Brillat-Savarin and oddly enough we make no mention of Thackeray when discussing bouilla-

baisse and in cook books this is indeed unique. In fact this book is notable for its other omissions for the simple reason that every receipt herein given has been tried by members of the Gun Club or their accredited chefs and while we do not claim all the formulæ to be original—perhaps none are, for what can be new?—we have not made this compilation from the works of others and, to use a solecism, this is even more unique than our other uniqueness. In consequence of this our receipts are few in number and as for pastries and desserts—the backbone of most cook books—we have mentioned hardly any, for in the making of bread stuffs, cake and pastry we have had little experience nor have we had the time or patience to experiment in this realm which properly belongs to the ladies of the kitchen. The Gun Club's appetite cannot be appeased by such things as marshmallow whip or light confections. Once or twice we have attempted ice cream and perhaps an occasional apple pie or a *real* pie of blueberries when in season. (In the pie belt of New England—the home of bigger and better pies—*pie* means blueberry; all others are but substitutes, even the famed pumpkin pie is but another breakfast food.)

NO APOLOGY

We do not pretend that ours are the "best receipts," for who can say what is "best," nor can we for obvious reasons give many methods. As this book is written by amateurs for amateurs, no attempt is made to describe the alluring confections of the French cuisine or the artistry of the professionals—we couldn't and we shouldn't and we don't. Exotic or eccentric dishes are not recorded here. If another edition is demanded we may

tempt the reader with such oddities as strawberry, beer or birdsnest soup, shark's fin, or horseradish ice cream but not now, not now. In this book we neither preach economy nor practise it. The best is none too good and as a matter of fact there is little real difference in the cost of good and inferior food. There is no economy in cheap food—unless one be running a boarding-house—and after all we would not presume to question the financial status of our readers.

While we have tried to suggest well-balanced meals we care nothing at all about calories or even vitamines nor have we any interest in "diet kitchens." We pity those who can't eat but we write only for those who can. Nor are we interested in those who are reducing or increasing; weight is a matter of quantity rather than quality of food partaken and the reader's girth is no concern of ours.

Finally, we always welcome suggestions and we do not resent criticism, but after all why bring that up? For while we honestly hope others may be interested in this book we are primarily writing it for our own entertainment, and that's that!

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The Gun Club Cook Book

Chapter I

Principles and Practices and Methods of Procedure

Cooking, reduced to its simplest terms, is the making of raw materials edible by heat. This means rendering vegetables and animals or the flora and fauna, if you will, and an occasional mineral, fit for human consumption. And by "fit" is meant both palatable and digestible or ingestible and assimilable and thereby useful in human metabolism. Broadly speaking, we include under "cookery" the preparation and presentation of any kind of food, raw or otherwise.

The heat which makes the food edible or palatable may be applied in various ways, usually by convection or radiation. By convection heat is applied directly to the material either by contact with a hot surface (pan broil or griddle) or from the surrounding medium—water, oil, sand, clay, salt, etc. By radiation, that is through heated air—from an open fire, as in broiling or roasting. A combination would be, for example, broiling or roasting, basting the while with hot liquid either in a closed chamber (oven) or before, over, or under an open fire. Other methods of applying heat need not concern us now, though possibly in the future foods may be cooked directly by the passage of an electric current.

The terms applied to methods of cooking are rather

loosely used and are subject to change but they serve the purpose. We shall therefore have regard for their general usage rather than their technical meaning. The methods of cooking in general use are: *roasting, baking, broiling, boiling, and frying,* and the subdivisions and combinations of these.

ROASTING

Originally to "roast" meant to cook on a turning spit before or over a hot fire but nowadays most of our so-called roasts are cooked in an oven the same as when baked; the difference being that baked foods are kept dry or practically so, whereas the articles that are being roasted are kept moistened or basted with hot liquid—usually the juice and melted fat in the bottom of the pan—water, butter, oil or fat being added if the meat itself be lean. Roasting therefore is in fact moist baking.

In many French kitchens, especially those outside of the big cities, roasting is still done before open fires on revolving spits (*en broche*) and in many "grills" in this country articles are so cooked. Frequent basting is a prime requisite in roasting whether by the open hearth or oven method. As a rule a small amount of water, oil or butter is placed in the pan in the beginning, later to be augmented by the drippings or melted fat from the joint or fowl or whatever is being roasted.

The drippings are later used for gravy, in most instances thickened with flour and seasoned. In roasting in an oven the initial heat should be high, to sear the meat and retain its juices and then the process carried to completion at a temperature of some fifteen to twenty degrees lower. If it is desired to have the article well

browned a small amount of butter should be rubbed over it and the oven door left open during the last twenty minutes or so. At this time condiments may be added.

GRILLING

To grill is to broil or roast in a "grill" before, under or over an open fire. Usually the grills are upright before the fire and may or may not have revolving spits. The fire may be gas, electricity or charcoal, and basting is either done by hand or automatically. This is an excellent method of "roasting" and as the grill is usually exposed to the gaze of the public, every prospect pleases and the appetite and business are both stimulated. It may be presumed that "grills" were originally operated in grill rooms, but not now. A "grill room" nowadays means a more or less informal dining room where perhaps the grills have been supplanted by cover charges and other modern innovations. To locate a "grill" in the Carlton Grill for instance would prove as hard as finding the "tea" in a "thé dansant."

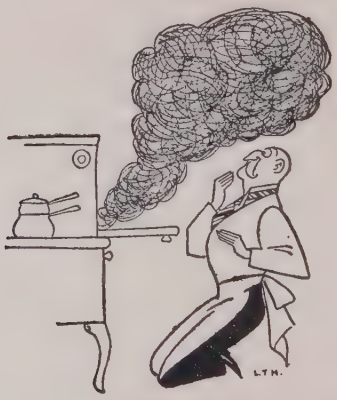
Coffee, corn, and nuts are "roasted" in a flat pan either in the oven or on top of the stove. This is hardly real roasting but for lack of a better name is so designated.

BAKING

Baking is cooking in an enclosed or semi-enclosed space (oven) with dry heat. Of course all foods have inherent moisture but in baking no more liquid is added. This method is generally employed in cooking bread stuffs, pies, cakes, pastry, and puddings; though one sometimes hears of "baked funeral meats," we confess

the Gun Club never cooked any nor even knows what they are.

Large fish are sometimes stuffed and baked but if there be gravy they are in reality roasted. Planked steaks, chops or fish may be said to be baked, as little



. . . care must be used lest "baking" become "scorching."

oil or liquid is added until the processing is practically finished. In baking, the oven is maintained at an even temperature and care must be used lest "baking" become "scorching"—a transition not unusual.

BROILING

Broiling means cooking before, (grilling) over, or under an open fire. It is the same as the original meaning of roasting except that it generally refers to smaller articles. The material may be basted or not, though as a rule the grease (oil, fat, or butter) is spread upon the subject *ab initio*. If dry broiled, the oil or sauce may be used on the article when it is about done. In broil-

ing as in roasting on a spit the material is turned so that the heat affects all sides equally.

PAN BROIL

Pan Broil is to cook an article on a dry hot surface—iron pan or griddle. If the article is fatty it amounts to a pan fry or sauté. The nomenclature is poor; it would be better to use the word "sizzle" instead of pan broil and for pan or shallow (sauté) fry, one might say "frizzle." These words are both descriptive and onomatopœic.

BARBECUE

To barbecue generally means to cook an animal whole before or over an open fire. The word "barbecue" originally meant the frame upon which the animal was suspended. Now it means the whole proceeding including the "party," though what the "barbecued sandwich" of our coast resorts means, no one knows or, at least, will tell.

BOILING

Boiling means cooking an article by submerging it in a liquid—usually water—at or about the boiling point. Water boils at 212° Fahrenheit (100° Centigrade) and the heat cannot be increased unless the water be made heavier by holding other articles in solution—salt or sugar usually, when the temperature may be raised from 6 to 10 degrees (Fahrenheit). Bouillon or soup stock boils at a slightly higher temperature than water. If the purpose is to extract the flavor and substance of the food, the water should be cold or cool when the articles

are put in and then the heat applied. If the food is not to be dissolved in any way, the water should be relatively large in amount and at the highest possible temperature when the materials are immersed and only a few entered at a time so that the heat may be maintained. (This procedure is even more important in deep frying.) Rapidly boiling water while no hotter, keeps food from sticking together (rice, for example). The subdivisions of boiling are more generally used and are of more importance than boiling itself. They are: *simmering*, *steaming*, *stewing*, *braising* (*fricassee*).

SIMMERING

In simmering, a large quantity (relatively) of water is used and the temperature is maintained just under the boiling point (say 180°–200°) and the cooking is thereby prolonged. This method is used for example in cooking large fish or hams and again when it is desirable to extract all the flavors and solubles from the articles, as in the making of soup or soup stock or where delicate food is used which might be broken up by rapid boiling.

STEAMING

This process, as the name implies, consists in cooking in live steam over boiling water. The articles to be steamed are suspended above the water in a vessel constructed for the purpose. A few minutes longer are required than in boiling, but the foods—generally vegetables—preserve more of their soluble mineral salts and for this reason may have more flavor. In pressure cookers the temperatures of the steam may be raised

considerably and so shorten the time required. The steamed soft clam of the shore resorts is supposed to be cooked this way, though probably it is often merely plunged into boiling water. In clam bakes the food is cooked by steaming and flavored somewhat by putting wet sea weed on hot rocks and confining the steam under a canvas cover.

STEWING

Stewing might be classified as the most important procedure in cooking for here everything is consumed, not only the articles cooked but the cooking medium itself.

The articles—meat, poultry, fish, vegetables, or what not—are cooked with a moderate amount of liquid in a deep dish for a long period. An infinite number of food combinations may be cooked this way, those requiring less cooking (vegetables, wheat products or thickening) added later. The seasoning last of all, to have only sufficient time to become thoroughly incorporated with the "stew" and not long enough to lose its aroma or taste.

The liquid is usually water though it may be in combination with oil (fat), milk, soup stock, wine or other liquids. Stewing is really a combination of methods, the presence of fat gives the frying reaction, steam to act for itself (if the vessel be closed), and to give a basting effect, as in roasting. The meats or vegetables may be "seared" or sauté before stewing; this is supposed to keep in the flavor, but as everything, liquid and all, is consumed, what's the use? "Oyster stew" is a misnomer, the oysters are merely added to hot milk, not "stewed" at all.

BRAISING

Braising is merely stewing in a covered utensil (casserole, earthenware or metal) with a slight amount of fluid—water or stock—usually with fat added (butter or other oil).

FRICASSEE

To fricassee is to braise but using heavier stock or sauce for the liquid. Stewing, braising or fricasseeing are practically the same processes.

When an excess of butter is used in a frying pan or deeper utensil and not too violent heat applied the articles are stewed. This takes longer but is a better method with some vegetables (onions, cabbage, etc., when raw to begin with) than to cook rapidly with a great heat in a skillet. As a general rule food is better if cooked slowly, though of course this wouldn't apply to re-cooked foods as in deep frying.

The French have a method of cooking chickens or smaller meats (chops, etc.) by placing them on a bed of raw vegetables and cooking in a closed casserole with a small amount of liquid. This is a combination of stewing or braising and steaming and can be used with fowls too tough for broiling and veal or pork chops cooked this way might renew their youth or seem to, for cabbage and onions have a way with them of shielding others. This method is called *poêler* in French; it might be anglicized into "to poel" but why bother?

FRYING

Frying is perhaps the most universal and therefore the most important method of cooking and in the United States the most misunderstood and abused. In

frying the article to be cooked is either totally or partially immersed in hot oil. The oil may be vegetable or animal. Oil from olives, cotton seed, nuts and corn are all good for the purpose. In countries where the olive trees thrive, olive oil is mostly used and it has a fine and distinctive flavor of its own. It is without doubt the best and most wholesome oil for cooking as well as for the making of salads. Its cost, however, prevents its general use. The other vegetable oils are excellent and some of them (all perhaps) are made up to resemble lard and are so packed (Crisco, Snowdrift, etc.). This is probably a concession to the old fashioned cooks accustomed to the use of lard and who want to "cut in" the shortening with a knife. Under heat these products turn into a clear oil. The animal oils are made from the fat of various animals, the most used being lard or refined fat from the hog. Bacon fat from the same family is also of great use and is more adaptable to shallow or pan-frying (sauté). This is because it has a pleasanter flavor than has lard and in pan frying the food is apt to absorb more grease than in deep frying. Therefore in using animal oil, lard is more generally used for deep frying (total immersion) while in shallow frying (partial immersion or sautéing) bacon fat and butter are called for. The Gun Club rarely uses lard but prefers the vegetable oils for deep frying and olive oil, butter or a mixture of these (half and half) for pan frying or sautéing (a clumsy word—we have suggested "to frizzle" as a more descriptive verb).

Bacon fat of course is valuable and in some cases preferable, where its flavor is wanted. Where the frying medium is to be incorporated with the food (as

onions, sauces, and other mixtures) excess grease should be avoided and butter would be indicated with perhaps an addition of olive oil (to raise the "flash" or burning point) or maybe a very little tried out bacon fat.

The whole principle in frying—both deep and shallow method—is to have and to keep the oil hot—very hot—during the entire process. It must be an obvious fact, though generally ignored, that a large quantity of cold food, sometimes semi-frozen, will immediately seriously reduce the temperature of the medium into which it is dumped and cause the food to absorb large quantities of oil or melted grease. It is this fact and practice which has placed a stigma upon frying and has caused innumerable doctors to say that fried food is indigestible. Properly done such food should be free from grease and is as digestible or nearly as digestible as that prepared in any other way. Repeating, then, the cardinal principle in frying is to keep the medium hot and to this end only a small amount of food should be immersed at a time nor should those portions be unduly cold. Out of the ice box into the frying pan is more disastrous than "out of the frying pan into the fire." It is a fair rule to say that all food to be cooked should be removed from the ice box in time to let it at least assume room temperature. To all rules there are exceptions and where all the oil or frying medium is to be consumed with the food it is permissible to start with all articles cold, oil included. (As for example in making sauces, like tomato sauce for spaghetti, or mixtures for "Spanish" or other omelettes or in frying onions for soup. In reality as has been said, an excess of oil (butter generally) is used in these processes so the articles are stewed rather than fried. In some cases

for particular reasons food should be very cold when plunged into the hot fat but this is unusual.)

There are many combinations or subdivisions of these general methods of cooking such as:

To poach. To poach means cooking in sub-acute boiling liquid, usually water. Sometimes in water and wine mixed or in soup stock or diluted milk. An egg is "poached" by dropping it in boiling water to which salt may be added or vinegar (if the egg's birthday is doubtful). Filleted fish are often "poached" in a mixture of water and wine. Soup stock or court bouillon may be used as the poaching medium.

To shirr. To shirr is really to bake or "set" in a small dish or ramekin in which the food is subsequently served. This method usually applies to eggs and these are called by various names (e. g., "Eggs Opera" *et al.*) depending upon the sauce or garnishment added or the imagination of the maître d'hôtel.

To scallop. Scalloped (escallop) dishes are those in which the chopped up meat or small pieces of other food are "baked" in a dish with layers of bread crumbs, the top layer being bread crumbs "dotted" with butter and the product served in the dish in which it has been cooked. Liquid or sauce is usually added and only food which requires little or no cooking is prepared this way, such as previously cooked meat or fish, or oysters.

Au gratin. "Au gratin" means to cook with a crust of buttered crumbs but as grated cheese is so often added to the crumbs, the term is getting to imply its use.

Paper bag cookery. Paper bag cookery consists in cooking small portions of food (fish, roe, chops, small

birds, etc.) inside of paper bags, usually in the oven. The bags are oiled inside and liquid may or may not be added. It takes slightly longer than cooking without a bag but is supposed to conserve the juices and flavoring. As a method it is less popular than it once was though it persists as a specialty in some Cuban and Spanish restaurants.

Pressure cooking. Pressure cooking is steaming or roasting at a higher temperature and therefore in less time, while a *Fireless Cooker* bakes or roasts or steams or stews with its contained and insulated heat, and takes longer than the oven method, though the overtime is compensated for by the saving in fuel and the freedom from required attention. To "plank" is to bake on a piece of wood, and *en broche* and *en brochette* merely define the use of big or little spits which hold the food toward the fire. The terminology in cooking is, as a rule, self-explanatory; any unusual words will be explained when they are encountered.

Cooking in a double boiler or a chafing dish over water is the same as pan frying or stewing at a lower temperature. As a matter of fact it is hardly "cooking" at all, merely melting, mixing or reheating. Of course in a chafing dish without the hot water pan the process is the same as cooking on the kitchen stove. It merely brings the heat to the dining room for reasons of sociability or convenience.

Chapter II

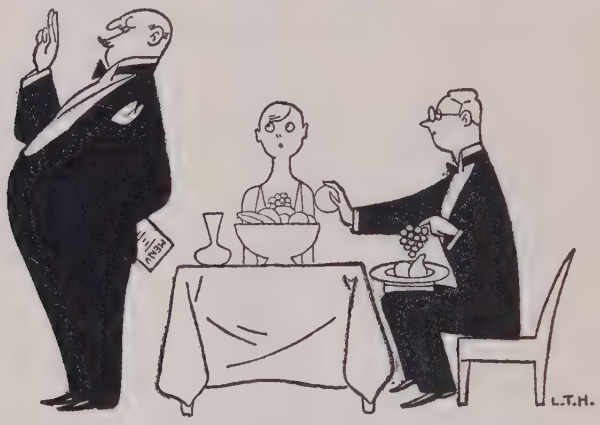
On Meals

As this is not primarily a book of "menus" we shall confine ourselves to the principle of meal formation, illustrating with a few examples and leaving the making of permutations and combination to the imagination of the reader. Besides there are many excellent books that devote themselves exclusively to meal planning. The principal meals of the day are *Breakfast, Luncheon, Tea, Dinner,* and *Supper.* On occasion there may be *tiffin, buffet service* (for breakfast, luncheon or supper) *smokers* (at one time they could as well be called "drinkers") *picnics, clam bakes, barbecues* and other social gatherings where food is served, with or without liquid refreshment.

BREAKFAST

There are two types of breakfast, the Continental and the American. The Continental is too little and the American too much. In Europe it is customary to have breakfast served in one's bedroom and the menu is invariably the same. Coffee (coated or mixed with chicory) hot milk, honey or marmalade, rolls (or toast if insisted upon) and unsalted butter. Drinking water may be had upon order and cream sometimes; also fruit, if one sends out for it or purloins it from the table

d'hôte of the evening before. In the British Isles tea may be had instead of coffee but to the initiated Bass's Ale may be substituted for either. It has the same stimulating effect, is more palatable than the usual



. . . also fruit, if one . . . purloins it from the table d'hôte of the evening before.

boiled products of the coffee urn or teapot and does not vary in taste or quality. Ale sounds odd for breakfast but "once tried, always used" and it is hereby heartily recommended—with a kippered herring there is no better way to break one's fast.

There being practically no leisure class in the United States, the morning breakfast is usually compounded of hurry, worry and excess.

The father is trying to eat breakfast, read the newspaper, light his cigarette and catch the 8:15.

The children are arriving in the dining room late, eating hurriedly and copiously, attending to overlooked details of dress, finding their books and getting off or pushed off to school. The motor is "purring" at the

door (if it be the kind that purrs), the chauffeur tooting the horn and, last but not least, Mother is toasting the bread, trying to sort the mail before her husband sees it, watching lest the morning paper gets too mussed up and hoping the whole crowd will soon get off so that she may eat and read and smoke in peace.

On Sunday when there is no 8:15 and a day of rest is in order, then golf takes the place of the commuting train and the Sunday supplement permits plenty of riot for the children. Amid the "shouting and the tumult" an American breakfast usually consists of fruit—orange, grapefruit or melon; perhaps stewed prunes for the little ones or for all if it be a boarding house. A cereal breakfast food, which is merely an excuse for the old and young, especially the old males of the species, to consume a lot of sugar and cream to which they would not otherwise be entitled. Eggs—always eggs—the hen is *par excellence* the breakfast bird. Eggs boiled "three minutes" (theoretically; for with a cook, time is as nothing, she usually deals in generalities or round numbers) and the eggs not eaten daintily from the shell as is "ordered" in France but broken into glasses, bowls, or mugs, mixed with butter, toast, condiments or what have you? Eggs with bacon, or the great American standby, more fixed than the Constitution and less subject to amendments, "ham and eggs." Fish cakes with eggs or corned beef hash supporting a poached egg. Beefsteak, frizzled beef, chops or sausage and eggs, or scrambled eggs (especially for eggs past the poaching age) with finnan haddie, or mushrooms, or kidneys or most anything. Calves' liver and bacon for the anæmic, or for those who may become anæmic, or for those who may not. Stewed kidneys (especially on Sunday in

Philadelphia—as sacred a tradition as the Mummers' parade) and possibly, in the backward states, honeycomb tripe or its equivalent if nature furnishes one. With this delicate fare "flannel" or buckwheat cakes with molasses, maple syrup, jam, marmalade, cinnamon-sugar, or honey and of course, toast or rolls or hot bread (the latter prevalent "down South" where there are no 8:15 trains). Coffee with lots of sugar and cream and untold quantities of ice water accompany this repast and after this one should be able to last till lunch time.

The Gun Club has had little to do with breakfasts though a typical menu might be suggested.

Fruit
(Orange juice or grapefruit)
One poached egg
on a codfish cake
(eggs "Marcus")
Coffee and toast
with butter

It is better practice, especially with children, to serve the orange juice an hour or half-hour before the meal. Father might have his while shaving. Grapefruit rather spoils the taste of coffee so if possible an interval should be allowed.

Coffee is better without sugar and cream but why bring that up? Habits of a lifetime cannot be changed over night.

Cereals are all right for young children but rather excessive for adults. In New England pork and beans and pumpkin pie are frequently served as breakfast foods.

Fruit is always acceptable as the first course at breakfast and may be of any variety, the citrus fruits, oranges and grapefruits, seem to lead in popularity but stewed fruits, prunes, apricots, peaches, etc., are acceptable. An

Father might have his while shaving.

excess of sugar should be avoided though it rarely is. Sliced tomatoes with French dressing are very refreshing instead of fruit—or are tomatoes fruit?

The main course at breakfast may consist of meat or poultry (usually "hashed") or fish and, of course, eggs in infinite variety. Potatoes as cakes (sauté) or in corned beef hash often grace the morning table. A poached egg on a potato cake, or on a fish cake (which consists mostly of potato) or on hash—corned beef, chicken, or by any other name, is in order. Hamburger steak, kidneys, chops, liver and bacon, sausages, smoked fish, bloaters or finnan haddies; small fresh fish cooked in paper bags, beef steak, fresh fish fried in bread crumbs (who doesn't remember the fried sole upon early arrival in Plymouth?) or *au meunière* (with maître

d'hôtel butter). In fact almost anything can be eaten for breakfast depending only upon the desire and ability of the consumer. Coffee with cream and sugar are the invariable accompanists and hot cakes either of wheat or

Luncheon should be a light meal . . . if one expects to accomplish any work during the afternoon.

buckwheat with syrup or jam, together with hot rolls or corn bread, may tax the digestion but please the digester. It might be fair to suggest, however, that quality rather than quantity at breakfast makes for a happier morning, especially if one has any mental work to perform—but then so few have.

LUNCHEON

Luncheon should be a light meal and this is especially true if one has had a heavy breakfast and expects to accomplish any work during the afternoon. As a rule lunch consists of three courses, a soup, an entrée and an exit. Every dinner entrée as well as any egg dish (excepting the humble boiled eggs) may constitute the

main course at lunch. The first course may be soup, or fruit or oysters, clams or mussels, or salad (not a bad idea at that) or hors d'œuvres—practically the same as a salad and of course would take its place in a meal. With no hors d'œuvres salad could well be served with the main course and would go especially well with cold cuts, or a meat or a combination salad may constitute the entire main course.

The lunch courses may be hot or cold according to the season and in very hot weather all the food may be served cold, including the tea and coffee.

If eggs are to be the luncheon *pièce de résistance* they may be cooked on the chafing dish on the table—preferably scrambled—the "easiest way"; [one should only attempt an omelette far from the sight of guests—it may "break" which is very embarrassing if one be posing as a cook. The same advice holds with Hollandaise sauce and mayonnaise. Never be too sure, many a budding omelette has gotten itself scrambled, and as for sauce, well, one never knows.]

To eggs being scrambled in the chafing dish many other articles may be added—chopped (cooked) ham, finnan haddie, cod and other fish, salt, smoked or boiled, crab meat, though the last named is better by itself sauté or á la Newburg. Paprika and finely chopped parsley are the principal garnishments for eggs and it is hardly necessary to say that neatness and the pleasing appearance of the food and implements add in no small measure to table cooking—in fact lack of care in these things may ruin the luncheon.

Cheese by itself or cooked with food is especially suitable to the luncheon table.

The third course at luncheon may be fruit—if not

served at the beginning—melons, grapefruit in glasses, hot-house grapes, peaches, pears or stewed fruit in individual pies or fruit, fresh or canned in any style.

Different kinds of fruit chopped up and served very cold in glasses—so-called fruit punches—are in vogue either as the first or last course at luncheons; they may be topped off with a maraschino cherry, "imitation flavor, artifically colored," a custom in accordance with the best Rotary luncheon tradition.

Individual pies, or French or Austrian pastries, cakes, ice cream or mousses are in order, always remembering that the portions should be small and dainty.

Coffee or tea may be served with luncheon or a demitasse afterwards.

To recapitulate: luncheons generally speaking, should be served in three courses and the portions small.

FIRST COURSE:

Soup, in cups. Thick or clear, hot, cold or jellied with or without croutons or whipped cream.
Fruit of any kind. Melons, oranges, grapefruit, fruit punch, alligator pear with French or port wine dressing, or in combination with crab meat.
Any kind of salad.
Hors d'œuvres of infinite variety.
Raw oysters or clams.

SECOND COURSE:

Any entrée with or without vegetable.
Eggs in any style except boiled.
Egg and cheese dishes.
Meats or fowls in small portions (lamb chops, minute steaks, breast of chicken or guinea fowl, quail).

Cold cuts of all kinds.
Oysters or clams cooked or shell fish (crabs, lobsters, shrimps à la Newburg or otherwise).
Curries of meat, fish, or fowl.
Stews.
Fish.
Scalloped dishes. Chicken à la King or ragoûts in crustades.
Wheat pastes (macaroni, spaghetti, noodles, etc.)
Salads—any style—the heavier variety with meat or vegetables if the only course.
Stuffed vegetables (tomatoes—egg plant, etc.)

LAST COURSE:

Entremets of any kind, pies, pastries, cakes, ice creams, mousses, fruit (if not served previously).
Cheese and toasted crackers.

Tea may be served with the lunch and coffee either in a large cup at the meal or in a demi-tasse afterwards; there are no "half cups" of tea but why not?

WEDDING BREAKFASTS AND RECEPTIONS

Luncheons after wedding ceremonies, the so-called "wedding breakfast," are composed of the usual soft pabulum served at receptions. The guests all stand around in each other's way, holding a plate and napkin in one hand and a fork in the other. Knives could hardly be used under these conditions so the food is of the kind that a fork can handle.

Croquettes, chicken or oyster or of mysterious interior—chicken à la King or Queen, bivalves disguised as creamed oysters, very popular but of doubtful value;

anything "creamed" in fact, even at times boiled sweetbreads cut up with a paste sauce reminiscent of the diet kitchen of a hospital; this form of food being the convalescent's first and worst semi-solid meal. In the

. . . many a pug got his under the table.

"good old days" fried oysters and chicken salad connoted a party—in Philadelphia at least, where sherry in the soup was a sure sign of company. In those days oysters were served in great ice urns that decorated the serving table and these led in all slippery food—to hold raw oysters on a flat plate in a crowded reception was indeed a precarious undertaking and there was often an unrecorded slip and many a pug got his under the table. But the ice urns and the pug dogs are now but memories. Of course a wedding breakfast or luncheon where all the guests are seated would not differ from any other luncheon, excepting perhaps that the food and service might be more elaborate, depending upon

the means of the hosts and their desire to speed the parting bride.

For what interest it may possess we here present the menu of a wedding breakfast given at the Hôtel Moderne at Tarbes (France) August 1, 1928.

Tarbes, France, août, 1, 1928

HÔTEL MODERNE

Menu

Hors d'œuvres
Bouchées à la Reine
Turbans de Soles Bordelaise
Tournedos Rossini
Haricots verts Fines Fleurs
Dindonneaux Rôtis
Salade Ninon
Bombe Glacée
Petits Fours
Corbeille de Fruits
Desserts

Vins

Château du Peyrat
Pomerol
Volnay
Moet et Chandon

This was served at one o'clock and was indeed a substantial meal for a shrinking bride. However she probably dined later on a "Wagon Lit" en route to Paris and maybe wasn't offered much in the way of food.

BUFFET LUNCHEONS

In buffet luncheons a wide variety of food is exhibited on the sideboard and guests are supposed to select one, two, or three kinds for themselves. Some guests don't seem to know that a choice is in order but act as if the whole outlay was mandatory. The appearance of the food and its containers is of great importance and many country and golf clubs feature this display and serve the food from attractive chafing dishes, copper and earthenware casseroles. The joints are artistically decorated and the whole exhibit is most alluring. If there be ample table room the guest merely indicates his preference to the attendant at the buffet and is then served at the table. If, as is usually the case in large parties in private homes, no tables are set up, the guests help themselves and after consuming the first round in the sun parlor, music room or on the stairs, deposit the used plates anywhere that fancy or opportunity dictates—under chairs, on the steps or mantel shelf or back of the piano, and then go back for more. In this service no knives are supplied and to foil souvenir collectors it is recommended that the silverware come from a caterer or from the 5 and 10. Coffee spoons are notorious wanderers.

TIFFIN

Tiffin may mean something on "India's coral strand" or even "tiff" which is more in use there, but in the bright lexicon of the Gun Club it just doesn't figure. Originally the word tiff or tiffin meant a drink, now it conveys the idea of luncheon; probably a light luncheon with a heavy drink, so we'll let it go at that.

TEA

Tea, meaning a "light collation," to quote the dictionary, not merely the leaves or flowers of the "*Thea sinemsis*," is usually served in the afternoon. "Five o'clock tea" as a special custom is said to have been

Coffee spoons are notorious wanderers.

introduced in England by an American and indeed the introduction was successful, for now in its adopted country, afternoon tea is more firmly established than is the monarchy; neither war, famine, nor anything short of sudden death would prevent an Englishman from having his tea. At tea time, tea is drunk accompanied by the aforementioned light collation which usually consists of small sandwiches, cakes, buns, tarts, etc. The tea is brewed on the table and served strong or weak, with or without sugar and cream or lemon, according to the wishes of the individual guest. In England milk is generally used in place of cream as it does not mask the flavor so much as does cream.

Tea, the drink, is an infusion made by pouring boiling water over the dried leaves or flowers (pekoe) of the tea plant. After the admixture there should be no more boiling, and the process is best done in a china or porcelain teapot. Tea like coffee is better if taken "straight" and not too strong, and any of the innumerable varieties may be used to suit the individual preference. A good combination for general use would be three-fourths Formosa mixed with one-fourth Ceylon tea. With afternoon tea are served cakes, cookies, toast with jam or marmalade or cinnamon-sugar and sandwiches. The only requirement is that whatever is served should be in small portions and very dainty. The sandwiches should be thin and may be cut in fancy shapes or rolled. Lettuce and mayonnaise and jam sandwiches lend themselves well to this form of collation. Diamond, club, heart, and spade shapes are appropriate for bridge teas. In Russia rum is—or was—served with tea, about a teaspoonful to a cup for flavoring but if one has sufficient rum, hot water, and sugar—the "toddy" of our grandparents—the tea itself may be dispensed with.

At a *Thé dansant*, tea is only one of the beverages served; the "light fantastic" usually requiring a stronger stimulant.

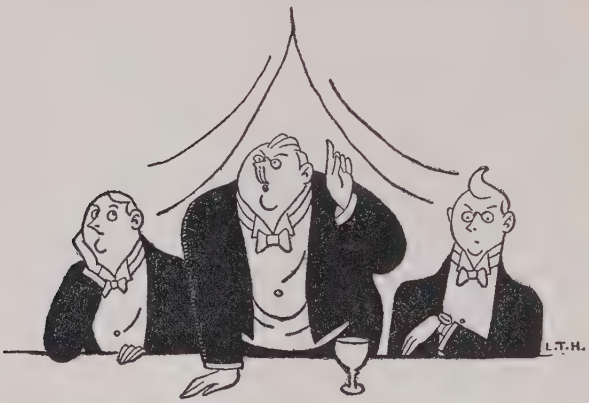
DINNER

To Love and to Dine are man's chief ends and when man has lost the power to enjoy them, death has lost its sting and the victory of the grave is a hollow triumph. Dinner is the one requisite meal of the day; it may be the only one. Through all the ages the history of the dinner table has been the history of advancing

civilization. Solomon entertained the Queen of Sheba at dinner, Nebuchadnezzar gave many state feasts before he took up the grass diet; undoubtedly Cleopatra welcomed Antony at the table before she conceived or at least put into practice other forms of entertainment. Dinner is the historic meal, it has produced dining cars and after-dinner speeches—both to be deplored. It is the inspiration of chefs and records their triumphs; it ushers Lord Mayors into office and rewards the worker's home-comings. All the arts of the kitchen, all the artistry of cooks, all the talents of the steward, the housewife's wiles, the host's hospitality—all, all succeed or fall at the dinner table. For this meal is the wine-press trod, the boasted vintages, the field's best fruit, the hunter's chase, the denizens of the deep, all lead but to the dinner table.

This meal of meals has been served at almost every hour of the day; in Roman times, all day perhaps. The feast of Lucullus began usually at ten o'clock in the morning and lasted as long as the guests could move or murmur. To-day the dinner bell rings at different times in different places. It may summon the worker from the fields at noon or in evening, cheer the tired business man returning from his appointed task. The white collared worker may dine at six, the professional man at half after, and the leisure class at an hour or so later. State dinners are as a rule set for seven or seven-thirty but take a long time to get started and longer to end. In the United States eight-thirty or nine would strike one as rather late for an invitation to read, even among the mythical four hundred, whereas in Spain ten o'clock in the night would not be late to sit down to dine; in fact if all the guests were there

by eleven it would be held enough (though as we are writing this the Spanish Dictator is trying to make his compatriots dine earlier—having just heard perhaps about "early to bed, early to rise" and what it is sup-



State dinners . . . take a long time to get started and longer to end.

posed to do for a man). England, France and Germany dine later than the "States" but would be about half through their meal when the Dons and Donnæ of Spain were eating their hors d'œuvres.

Dinner being the principal meal of the day requires the most substantial food and therefore a meat course is almost an essential. The meat may be the flesh of fish, or fowl, or hog, or steers, or goats, or sheep, or lamb, or deer, or dog (the "chow" of China), or horse, or mule, or any animal ready to the hand. In fact, any known food may be served at dinner and the repast may be of infinite variety, ranging from the twenty course ceremonial dinners (we omit the Roman feasts —they were debauches rather than dinners) to the simplest New England "boiled dinner"—all right once in

a while, a great while at that. Lengthy dinners are, however, infrequent and the modern tendency is to shorten the menu, and of course the prohibition legislation has largely succeeded in removing most of the pleasure and almost all of the æsthetic value of dining. Hard liquor—mostly synthetic—has taken the place of the cup which "cheers but does not inebriate."

It is hard to believe that anyone would think imitation whiskey preferable to the beautiful and wholesome wines that have made happy the heart of man since time began. It is only those who do not know these beneficent gifts from the gods who would deprive others of their use. But getting back to the dining table, it is a praiseworthy fact that the twenty course dinners of the past are gone, even the ten course or double dinner of our youth is hardly ever served nowadays. We say "double dinner" because the first and second halves were invariably separated by a frozen punch or a sorbet; rum or Roman punch being the favorite in the Victorian era. A modern dinner, even upon a ceremonial occasion, rarely consists of more than six courses. This would include the canapé but not the coffee. The latter strong and black, with sugar optional, but no cream, is served either at the table or in the drawing or with-drawing room. This is served in a small cup called "demi-tasse," a word used more often in this country than in France where presumably the half cup is understood and one merely orders *café*, *café noir* or *un filtre.*

In a mixed dinner the women are served in the drawing room while the men have their coffee, cigars and risqué stories at the table after the ladies have departed, an unnecessary separation nowadays, since most women

smoke and as for the stories, the men are more easily shocked than their wives.

The six courses of a modern dinner would run about as follows:

Raw oysters. [See Oysters, Chapter V.]

Canapé. Canapé or caviar with toast, chopped onion, eggs and quartered lemon.

Soup. Soup, thick or thin, depending upon amount of food to follow.

Fish. Fish, usually a filet either fried, sauté, or "poached" with a sauce which is usually a specialty of the house. While the fish course is often omitted, on occasions a planked fish with all the trimmings may be the main course or the whole dinner.

Entrée. The entrée may be the fish course or fish combined with vegetables, as boiled fish or lobster, or shrimp in a rice and vegetable ring or there may be a separate entrée, in addition to the fish. The entrée may be a vegetable alone. In France a green vegetable is often served by itself, peas, beans, or asparagus for example; not a bad idea when one wishes to force the season a bit and draw attention to it, as in early asparagus, or new peas in winter. Any member of the Italian paste family, macaroni, spaghetti, ravioli, gnocchi, etc., would serve as an entrée in which case the sauce should be rich and highly seasoned. Re-cooked foods are often used in entrées, as in croquettes, or ragoûts or curries, always recognizing that the "sauce is the thing," and that while the entrée is part of the meal, it isn't the whole show and while it should be tasty and interesting in itself, it should not overshadow the roast or main course to come.

Vegetables. As a rule three vegetables are served

with dinner and obviously they should differ considerably and be compatible with the other food. With fish, cucumbers sliced on ice, or with sour cream dressing, are quite in order; also small boiled potato balls with parsley. If starchy food, like macaroni, is served it would be well to omit potatoes altogether. A vegetable may be served by itself or with the entrée, or one or two vegetables (as potatoes and a green) with the roast.

Roast. The roast or main course would consist of beef, roast or steak, or lamb, mutton, veal, ham or any meat or fowl; chicken, turkey, duck, etc., etc.

Salad. The basis of a salad is usually lettuce of any variety or allied vegetables, endive, celery, etc. There are innumerable combinations allowable in the making of a salad, in fact this privilege is often abused and the dish may be overreminiscent of days that are no more. If the meal be otherwise heavy, i. e., thick soup, or any other flour and cream preparations in the entrée or elsewhere, the salad should be mixed with a light sauce, or so-called French dressing. A mayonnaise or one of its combinations and cheese perhaps could well adorn the salad if the rest of the meal be light.

The salad may be served with the roast, especially if the latter be a bird of some kind, and sometimes a light salad may take the place of the hors d'œuvre. A heavy salad such as lobster or chicken is hardly applicable to a large dinner, but often makes the main course at luncheon or supper.

Dessert or entremets. In this country we do not distinguish between desserts or entremets. In fact, all kinds of sweets, pies, pastries, cakes, puddings and even fruits are called "desserts" and not improperly since dessert is the last course and the word (from the Latin

dis-servir) means anything that will "clear the table" or end the service.

Pie is the great American "dis-servir" and its popularity is closely followed by ice cream. With pie a piece of American cheddar cheese is usually served, though why, no one knows.

Savories. In England for some inexplicable reason, or more likely as a matter of habit and for no reason

. . . the custom may have originated in some great household, maybe a king's.

at all, "savories" conclude the meal. They are small portions of food on toast and are the same make-up as the hors d'œuvre. In fact the custom may have originated in some great household, maybe a king's, where the butler angered that the guests wouldn't eat the hors d'œuvres, forced them upon them again at the end of the dinner when resistance was lessened. Some say, without conviction however, that the savory brings back one's sense of taste after eating ices so that the port may be appreciated. Escoffier—and he should know—says that savories have no *raison d'être* on a good menu. However, in this country they so seldom appear that the average guest wouldn't know what they were, why they were served, or wherefore he should have to eat them.

TO SUMMARIZE ON DINNER

A dinner should not have more than five or six courses.

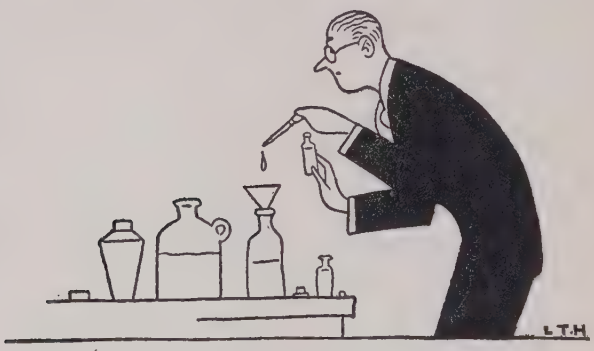
It can be ushered in by hors d'œuvres in the form of any kind of a canapé or best of all, fresh caviar. This should be very cold, the caviar bowl resting in a larger bowl of cracked ice (*vide* hors d'œuvres, Chap. III). A salad or a melon often takes the place of the hors d'œuvre and so may oysters on the shell, the oysters preferably "deep sea" rather than river, and never, never floated (or bloated by immersion in fresh water).

Then soup, thick or thin, and now fish and an entrée, or the two combined, and then the *pièce de résistance*, usually a roast bird, fish or beast. Vegetables as you will and salad with a light or heavy dressing; fruit, perhaps cooked with the roast, or as a compôte, German style, or in the salad; a pie, the national dessert dish, or a pudding or an ice, and cheese and crackers, with the coffee or just coffee by itself and then good strong cigars from Cuba for the men and for the women cigarettes, toasted or coughless, or cork-tipped as they wish. A cordial perhaps, if one there be, a few rubbers, perhaps a night cap, or so, and a "wee doch and doris," and "so to bed" as the late Mr. Pepys was wont to say and do, and so comes the end of another perfect day.

WINES

Appreciation of wine and its proper use has never been characteristic of citizens of these United States, at least not since Colonial days. Maybe this fact and the resultant leaning toward hard liquors are the primary

causes of Prohibition. At any rate the prohibitionists never attempted to distinguish between the use and abuse of anything; to them if one irrational person out of ten thousand jumps out of a window, all windows should be barred; the other 9,999 can be damned if



. . . nobody . . . knows what is in them.

they don't like it. And so with good wine, the use of which has done ten thousand times more good than its abuse has caused harm. Cocktails, an American invention, are served very cold—perhaps to disguise the taste—in the drawing room before going into dinner. They are made of almost any kind of liquor, nobody, not even the host, knows what is in them, but then it matters little if they are cold enough; it is the effect rather than the taste that is of moment. A dry sherry, with just a drop of Angostura bitters is preferred by many and with reason. However, good sherry is hard to get. The commercial stuff with salt in it would hardly do. With the oysters a white wine—a Rhine or Moselle or a Chablis (President Burgess of the British Medical Association is reported to have said, "Oysters and Cha-

blis make one of the finest combinations of food ever known," *N. Y. Times*, December 1, 1929). With the soup a sherry if it hasn't been served before and then a Bordeaux or a Burgundy, a still wine, for a sparkling Burgundy doesn't somehow seem to be a real wine, finishing the entrée and continuing through the roast. With dessert, champagne and lots of it, and for after-dinner contentment a fine old brandy, and some like the sweeter cordials and their name is legion; but before we go too far, let's wake up for where is all this good stuff coming from?

Finally, a dinner should avoid repetitions and should maintain interest to the end, and before we close this lesson we can hardly do better than cite a few menus of dinners gotten up by those who know how.

An example of a good dinner, and naturally it would be a good one, considering the host and guests, was given by Mr. John McEntee Bowman at the Biltmore Hotel (April 2, 1926) to the American Hotel Association as it started upon its European trip. The menu from *The Steward*, May, 1926:

Bouchée de Caviar Malossol
Tortue verte, St. Germain
Medallion de Bass rayée à la Duxelle glacé
Concombres pressés
Mousse de Jambon de Virginie, Kossuth
Poitrine de Pintarde à la Polonaise
Salade Princesse
Soufflé Beatrice
Friandises

Apollinaris
Cigars, cigarettes Demitasse

A trout dinner served at the Cortelyou Club, Brooklyn, April 3, 1926, by George Vogel (in May *Steward*):

Appetit Schnitten auf Russische Art
Tafel Sellerie, Seufgurken, Neue Radieschen
Gebackene Muscheln
Long Island Forellen, Braune Butter
Neue Kartoffeln in Petersilie
Frischer Gurkensalat
Neue Californische Spargeln, Hollandische Tunke
Erdbeer Gefrorenes
Kleines Gebaeck
Mokka
Hahnenschwanz Maibowle White Rock
Havanas Menthe

Mr. Vogel rather seems to want it known that the radishes, asparagus, and the potatoes were new, also that the pickle salad was fresh. We wonder what was in the "Hahnenschwanz."

At the fourth annual dinner-dance of the New York City Hotel Association at the Commodore, the dinner opened with a supreme of pineapple, Florida, then in order named, terrapin soup, Commodore, crab flake *en bord*, "Florentine" (we wonder where the crabs in Florence come from), double breast of squab chicken, sauté, *fines herbes*, fresh peas and asparagus tips *au beurre*, artichoke and endive salad à l'Estragon, turban of strawberries *au caramel*, douceurs (probably like Mr. Bowman's "Friandises") mocha, mineral water,

etc., and presumably cigars and cigarettes, and of course there were nuts, celery and olives.

Rosa Lewis, famous cook and caterer of the Claridge, when touring this country, gave the following as a "perfect dinner," so said the Trenton *Sunday Times Advertiser*, February 13, 1927:

Fruit Cocktail
or
Caviar
or
Oysters
Consommé or Vegetable Soup
with cheese straws
Grilled Chicken
or
Quail with Sauce Piquante
or
Roast with separate sauce
String Beans, Peas, Soufflé Potatoes
Green Salad
or
Asparagus Salad
Compote of Cherries or Soufflé with Hard Sauce
Cheese Coffee

Without wishing to criticize the admirable Mrs. Lewis we should hardly want string beans and peas, both presumably fresh, at the same time. Again if the asparagus in the salad were fresh, and we should hope so, as we think nothing at all of the canned variety, it would hardly be in season when the quail was, and then the quail itself; perhaps Mrs. Lewis didn't know it cannot be bought here other than the imported birds.

(Under the flexible tariff provision a recent President of the United States lowered the tariff on imported quail; some three or four other widely used articles, such as paint brush handles, and one or two other things, we've forgotten what, came down too.)

Soufflé potatoes could hardly be accomplished in the average happy home (probably the most difficult thing to do in cooking). The home wouldn't remain happy while the process was going on.

The Metropolitan Club Managers gave themselves this dinner at the Hotel Astor, December 13, 1926, also recorded by *The Steward*.

Hors d'œuvres variés
Tortue Verte, Royal
Celerie Turpot bouilli Hollandaise Olives
Pomme de Terre Parisienne
Filet de Bœuf piqué, Montebello
Fonds d'Artichaute et Petits pois
Champignons, frais
Parfait de Caneton au Foie-Gras
Salade de Endives, Orange et Pamplemouse
Vacheries—Belle Rose
Petits Fours
Café Noir

In this dinner we should have preferred caviar, or a canapé to the hors d'œuvres variés, it being our opinion that too many appetizers interfere with dinner. However, the "variety" in this case may have been limited. With the hollandaise sauce on the fish, a thick sauce with the filet of beef (having practically no taste in itself this cut of beef depends upon ample powerful

sauce), and probably a flour and butter sauce with the mushrooms; one might get more flour and butter than needed. Fortunately the soup was clear. Mr. Kock, representative of the Long Island Duck Growers Association, gives this dinner, also recorded in *The Steward:* lentil soup, speckled brook trout, Duchess potatoes, roast Long Island duckling, chestnut dressing, red cabbage, baked potatoes, apple sauce, ice cream, cheese, saltines, coffee. Here was an excellent dinner, though we shouldn't have repeated on the potatoes.

During the Hotel Exposition (1926) the Society of Restaurateurs through the president, Paul Henkel, gave a gold medal for the best menu for a party of ten; cost of materials not to exceed thirty dollars. The medal was won by Otto Geutsch, formerly chef of the Astor (see *The Steward*, January, 1927), and his menu was as follows:

Cup of Honeydew melon—Seminole
Hearts of Celery Green and Ripe Olives Salted Almonds
Essence of Green Turtle Royal
Parmesan cheese straws
Baked Striped Bass Madison
Parisian Potatoes in Parsley Butter
Larded Tenderloin of Beef, Hunter's Fashion
Fresh Mushrooms
Broccoli Polish Style
Mint Sherbet
Breast of Guinea Hen, Virginia
Endive and Alligator Pear Salad
Frozen Walnut Pudding
Assorted Fancy Cakes
Coffee

The reader must seriously note that the "three dollars" per cover was what the materials, presumably raw, cost the producer, not the consumer. There's a marked difference, and if anyone wants to prove it just

. . . just try to duplicate this $3.00 dinner in a favorite night club.

try to duplicate this three dollar dinner in a favorite night club or restaurant.

AN HISTORIC DINNER

And now comes a dinner which may have "unlaunched a thousand ships." A dinner given by "His Majesty's Government in the United Kingdom of Great Britain and Northern Ireland" to the London Naval Conference, the 20th of January, 1930.

This banquet was given at the Savoy Hotel and arranged by Mr. Reeves-Smith, than whom there is none more knowing.

THE MENU

Wines

Amontillado Sherry
Chablis Moutonne 1923
Pommery & Greno 1921
Château Lafite 1865
(Cachet du Château)
Château Yquem 1921
(Cachet du Château)
Taylor's Port 1904
John Exshaw's Brandy 1855
Liqueurs

Caviar d'Astrakan—Huîtres Natives
Saumon Fumé—Hors d'œuvres
La Vraie Tortue en Tasse
Bisque d'Ecrevisse
Délice de Sole Walewska
Mousse de Jambon à l'Hongroise
Suprême de Volaille, Monselet
Pommes Parisienne
Parfait de Fois Gras à la Gelée
Soufflé Glacé Praliné
Corbeille de Fruits
Café

This is really a great dinner. One would hardly bother with smoked salmon, oysters or other hors d'œuvres when offered Astrakan caviar.

It's nice to know the soup was made of "real" turtle; it would have been news otherwise. The sole Waleswka, long a specialty of the Grand Hotel of Monte Carlo, is the usual filet, "poached" and resting

on pieces of lobster or langouste; sliced truffles recline upon the filet, the whole covered with sauce Mornay (a white sauce with Parmesan cheese) and glazed in the oven. Undoubtedly the champagne was offered to lure the guests away from the Château Lafite. This latter incomparable wine was served from "twelve precious jeroboams (double magnums) which were opened by drawing off their slender necks with red-hot tongs." This was done lest the sediment be disturbed or the cork crumbled by the use of the cork screw. (All this recorded in *Fortune*, the Château Lafite of the magazine world.) With so little left of this wonderful wine, it seems almost a shame to waste it on so mixed a company. Of the five hundred present, it is probable that hardly a dozen appreciated it or knew its worth. However, if Naval Limitation results, the sacrifice may be worth while.

A cook should know what is good to eat even though so many have poor appetites, so let's see how the Société Culinaire Philanthropic—composed of a thousand chefs in and around New York—feeds its members. At its sixty-first annual dinner—March 15, 1930—here's what was served:

Hors d'œuvres, Français
Petite Marmite—gastronome
Celery, olives; salted nuts
Poitrine de Volaille—Pennsylvania
Potatoes olivette
Salade panachés
Bombe surprise
Petits fours (of course)
Café noir

French hors d'œuvre means anything, because in France there are more varieties of appetizers than in almost any other country—possibly excepting Norway and Sweden. The *petite marmite* would be the same called "gastronome" as by any other name, and a breast of chicken is no different in the Keystone state.

Potatoes are potatoes, and "olivette" is not mentioned in any index we have. Salade panache is probably only salad by a cook with a flair or some leftovers, and a "bombe surprise" may be an ice which "surprises" by commission or omission.

No French dinner would be complete without *petits fours* or little cakes.

But enough of professional menus, almost every cook book has them a-plenty. A typical American home dinner would consist of a soup, usually cream of tomato—the tomato soup out of a red and white ten cent can and the cream out of a milk bottle—two vegetables, mashed potatoes and canned peas, beef steak or roast beef or chicken roast, with bread stuffing and thick gravy or stewed chicken and then pie and coffee. All else would be luxury. A head waiter if consulted might vary this by substituting cream of asparagus soup and recommending tenderloin of beef with mushroom sauce or a *filet mignon,* sauce Bearnaise, or a filet with any other strong sauce to mask it. This innocuous and flavorless cut of meat seems to be the main idea in the life history of a head waiter.

To conclude this chapter we would say again that a good dinner is one that is well balanced, avoids repetition and maintains interest until its end.

SUPPER

In many homes "supper" is the evening meal and it may be anything from a late luncheon to an attenuated dinner. Some people call supper "tea," but this brings to mind a sparse and meagre meal of the bread and marmalade variety served by poor relations in the haircloth and antimacassar era.

Often, however, on theatre evenings, the dinner may be shortened and a more or less substantial meal may follow the theatre, opera or movie; or on the cook's night out, or by design on Sunday the host or hostess may elect to prepare the evening meal or supper. Then it is the amateur cook comes forth in all his or her glory to survive or perish as the case may be. The servants are out or invisible; the dining room table is set with the chafing dish and implements all aboard; food is prepared so far as is possible and rests coolly in the ice box, the condiments are at hand, on the hearth the fire is laid, awaiting only the match. And now the master's hand; can he cook or merely reheat?

It is for these *petits soupers* the chafing dish was made and it in itself is an appetizing sight. The table should be neatly arranged with low flowers in the centre so that no views be obstructed, everything should please the eye and tempt the appetite. The cocktail tray on a side table, the coffee percolator on another; all is in readiness; "every prospect pleases and only man" . . . well, never mind the cooking may not be so bad at that! Unless the supper is to take the place of dinner it should be short and snappy; very snappy and informal. Usually one course suffices but maybe, if the night be

cold, a cup of hot bouillon is allowable after the cocktail. In the pre-war days the cocktail was a pre-dinner drink, now it precedes almost everything; sometimes it just appears from out of the nowhere and with no excuse.

The consommé, if it is to be served, is already warming on the kitchen stove in a *bain Marie* or a double boiler and it can be served by a guest or a friend of the family or the co-respondent while the host or hostess is preparing the main course on the chafing dish—the toast being made the while at the table.

All can be done with electrical apparatus in the dining room or sunparlor, and it is this informal cooking in the open, so to speak, which contributes in a large measure to the success of this kind of a party. The chafing dish product must be hot and zestful and is served from the dish, an assistant presenting the plates with a square of toast on each, to the host, and then on their way to the guest at their places. A second helping may be served by the host carrying the chafing dish from place to place; easier this way than having the guests pass or bring up their plates.

At these supper parties practically any kind of food is permissible, though, of course, a chafing dish has certain limitations. To reheat, as in curries, Newburgs, à la King; to stew quickly, as in so-called oyster or clam stews; to sauté, or poach or to mix and mingle as in welsh rabbits, and to cook eggs. These are the functions of the chafing dish. There is no reason on the other hand why roasts or any other kind of food previously cooked cannot be reheated in the oven or on the kitchen stove and served at supper. Salads are, *par excellence*, the thing for a late supper and may or may not be pre-

pared in advance. There is almost always present a guest who thinks he is especially ordained by God to make a salad and there is usually a tremendous amount of hot air added to the mixing. As a matter of fact there is no trick or sleight of hand or hereditary instinct

. . . a guest who thinks he is especially ordained by God to make a salad.

required in the making of a salad, but of this more in another place.

The taste in late suppers has become simplified and nowadays, especially after dances, such simple dishes as scrambled eggs and bacon, or with sausage make the greatest appeal. As a curtain raiser, consommé or bouillon, hot or cold, depending upon the weather, holds the audience (or should we say "spectators"?) while the main dish is being prepared in the chafing dishes. At one end of the table the sausage or bacon may be cooking while the eggs are scrambling with each other at the other. It takes about the same time to fry the bacon as it does to scramble the eggs and so if time has any value —usually not "after the ball"—the sausage could be

started somewhat in advance or be previously cooked and then reheated at the table. The smaller variety of sausages is in order (such as the Deerfoot Farm or Special Bar Sausages—Nauss Brothers, 2291 Third Avenue, New York City). The aroma of sizzling sausage or bacon is an appetizer in itself and the oncoming coffee is often pleasantly anticipated by the sense of smell. This inter-relationship of the senses, however, must not be carried too far, onions and cabbage, for example, had best be cooked in privacy. The crustacea—lobsters, langouste, crabs, shrimps, and the bivalve family; oysters, clams, mussels, are all prime favorites at supper. The lobsters, etc., can be used for salad or be cooked on the chafing dish and the oysters or clams may be in stews, so-called, or panned or fried in the chafing dish with various sauces. It must be remembered that to fry a large number of oysters takes considerable time and is hardly a suitable performance for a chafing dish; on the other hand oysters panned, Gun Club, or any other style, can be done easily and quickly and in almost any quantity. With two or three chafing dishes working at the same time practically a continuous supply of panned oysters may be maintained.

As the lobsters and crabs—shrimps too, for that matter—are invariably boiled and removed from their shells and cut into appropriate sized pieces (never very small!) their "cooking" is merely reheating in hot sauce—à la Newburg—à la "Paul," sauté *aux fines herbes*, etc. This takes little time and if a sufficient quantity of the necessary materials is at hand, many guests may be served with no great delay. This is also true with any previously cooked materials, as chicken à la King and such dishes. In making welsh rabbit two

medium sized chafing dishes are better than one large one, and an experienced cook, providing the materials are within reach, can easily manipulate three chafing dishes simultaneously. To do this properly all the ingredients including the condiments should be divided, like Gaul, into three parts and each part at its appropriate place.

WHAT TO SERVE AT SUPPER

To give a comprehensive list of supper menus would be impossible, since almost any one-course food preparation may be used. However a few suggestions are recorded and from these the amateur cook can proceed further to the limit of his ingenuity or the good nature of his guests.

If "many a heart was broken," so also has many a stomach been ruined "after the ball" and remembering this, go easy on the cheese and grease, or at least don't serve great quantities of each at one meal, or better still not great quantities of anything. If there's one thing that this book has been trying to emphasize it is quality rather than quantity. Every one should leave the table not entirely filled and it is better to have them "always come back for more" rather than have them not able to come back at all. And so for supper, shall we have?

Cocktails—with or without an appetizer—may be a biscuit and an olive; better nothing much.

Consommé—hot, cold or jellied. Perhaps a tomato juice cocktail.

Bouillon—chicken or "Bellevue" (half chicken, half clam broth) or clam.

CHAFING DISK

Eggs: Any style except boiled; cooked at table or on kitchen stove.

Scrambled, plain or with chopped parsley, mushrooms, etc. (See under Chapter IX.)

Omelettes (Watch your step): All varieties—*au rhum* or *aux confitures*, very good on a cold winter night.

Oysters, clams, or mussels: Stewed or panned or steamed (soft clams), fried or any other style. "Tipperary," or roast in shells with various sauces.

Lobsters or crabs: Gun Club style, devilled, à la Newburg. "Paul," curried, sauté with various sauces. Broiled or baked (Thermidor or Américaine) or in salad. Soft shell crabs.

Shrimps: The same methods as with lobsters and crab meat.

Fish: Sardines, sauté in their own oil, or broiled on toast. White bait, with or without oyster crabs. (What are they, fish or crustacea or insectivora?) sauté or preferably deep fried.

Large fish, previously boiled and cut up and cooked in chafing dish, Newburg or in white sauce, or scalloped or curried.

Salmon: Steaks broiled, or as boiled fish, or in salad.

Shad roe-sauté, with or without bacon.

Smoked fish: Finnan Haddie, plain or with scrambled eggs. Kippered herring. Beware of smoked or salted fish—they produce great thirst and it is hard to get the guests home.

Canned salmon or tuna fish in salads with mayonnaise.

Meat and fowl: Sausage, or bacon, usually with scrambled eggs.

Beef—Minute steaks.

Lamb: Small lamb chops, usually broiled and finished in the chafing dish with currant jelly—(Gun Club style.)

Chicken or Turkey: Reheated cooked chicken as á la King, etc., chicken salad.

Game: Wild duck—sliced breasts reheated in chafing dishes (Salmi) with bacon and olives (Gun Club style) or oranges.

Geese—same as ducks.

Venison—Gun Club style (broiled and finished in chafing dish, q.v. under "game").

Quail or any small birds—roasted and reheated or broiled and finished in chafing dish.

Cheese: Any cheese or egg and cheese dishes, welsh rabbit, etc.

Dessert: Eclairs, pastries, pies or ice cream; better use the telephone.

Coffee: With supper in large cups with sugar and cream or small cups of black coffee after the meal.

SUPPER IN THE SUMMERTIME

If the weather be hot, all the supper dishes may be served cold. The soup may be jellied, with or without artificial aid (gelatin). The main course may be served in aspic jelly; either as a large mold or in individual portions. Chicken, fish, lobster, crab, shrimps, hard boiled eggs, boiled and shredded tongue or ham and various cooked vegetables are appropriate. Eggs boiled and either devilled or stuffed with caviar in aspic, either individually or in large molds and served with a French dressing make a substantial salad and are excellent for

supper on a hot day. Mayonnaise or French dressing may be served with any aspic dish making the main course a salad, which is a plenty.

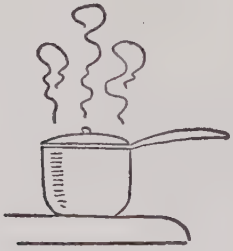
Crab ravigote or crab, lobster, chicken or any salad may be quite ornate, and combinations of fish, lobster or shrimps, stuffed eggs, peppers and what-not in aspic

. . . the help amateurs can give in the kitchen is greatly over-rated.

may be highly decorative and the ingenuity and artistry of the cook may go to any length in compounding such dishes. Such things, of course, should be prepared well beforehand, and should rest coolly in the ice box awaiting their destiny against the coming of the guests.

In fact about the most important thing about these late suppers is to have everything possible prepared in advance and ready at hand. The chafing dishes on the table with the burners full of alcohol or the electric cord connected and ready to turn on. Hot water on the kitchen range; lettuce, butter balls and chopped parsley ready in the ice box, ice cracked and ready for the shaker. Lobster or crab meat out of the shells and cut up. Cheese grated or cut in small pieces. "A place for

everything and everything in its place"—a saying most applicable here. Don't ask or accept assistance in the main events; the help amateurs can give in the kitchen is greatly over-rated—at least by the amateurs themselves. Neatness and dispatch are prime requisites. Every one is hungry, the hour is late, the guests are critical if they know the host, skeptical if they don't. Reputation is at stake, so proceed quickly, neatly and surely; to waver is to lose; to ask advice, fateful. And now bring on your guests, every one appreciates a good supper and is in the mood for it and with all these things if we could only have a cool bottle of Bass or some good draught beer; *O tempora, O mores,* what unhappy days we are come upon!



Chapter III

On Hors D'Œuvres & Canapes

HORS D'ŒUVRES

Hors d'œuvres, as the name implies ("outside the works") are not part of the regular meal but are served as appetizers before either lunch or dinner. Their purpose is to arouse the appetite and to act as an introduction, so to speak, to the more substantial viands. Like a toastmaster they prepare the way for what is to come and like a good toastmaster, they should only introduce and not encroach upon the more solid fare about to be presented. Almost any kind of food may be included in "hors d'œuvres" and it would be possible to write a whole book upon their preparation. To serve properly their purpose it is necessary that they should be small, zestful and attractive in appearance. In the nature of things they should be highly flavored and "snappy" both to look at and to eat. With these characteristics it matters little of what they are made, bearing in mind, however, that they should not only stimulate the appetite but at the same time put the prospective diner in a pleasantly receptive frame of mind. This latter quality applies to the presentation of all food and accounts for the care which should be given to the garnishment of different articles and to the service as a whole. Proper presentation of

a meal is as important as the food itself and has concurrent power to please.

VARIETIES OF HORS D'ŒUVRES

Generally speaking hors d'œuvres are of three kinds or to be more exact, three styles of service.

1. Appetizing mixture spread on very small rounds of toast (about 1½ inches) or crackers and generally passed with the cocktails—to be eaten with the fingers.

2. Canapés or decorated mixtures on larger pieces of toast and eaten with a fork as a first course at the table. If these are to be served, something very simple like a cheese crackers or olives should be given with the cocktail. The same mixtures may be used with canapés as with the small appetizer, though the canapés are larger, more decorated, usually made of toast or fried bread though sometimes of artichoke fonds or slices of boiled potato.

3. *Hors d'œuvres variés or assortis.* These are all kinds of appetizers served in little saucers and passed to guests at the table. These may be a few or many and their variety is infinite. At the larger restaurants there are usually two trays passed; one tray containing fish, smoked or in oil, sardines, salmon, anchovies, tuna, herring, etc., the other, a variety of vegetables in French dressing or mayonnaise. There may be also boiled eggs, plain or stuffed with caviar or devilled with mayonnaise dressing. Sliced or stuffed tomatoes (are tomatoes fruit or vegetables? They used to be called "love apples," now what are they?) with French dressing or mayonnaise. To these varieties of hors d'œuvres may be added all the different kinds of smoked sausages, sliced very thin, and, of course, pickles, pickled vegetables, cucumbers, celery cut in short lengths and stuffed with

cheese mixtures, radishes, olives, etc. When a large assortment of hors d'œuvres is served, the guest, remembering that a meal is to follow, should use discretion and have a care lest the appetizer remove the appetite. Many restaurants recognize this possibility and charge more for *hors d'œuvres variés* when no following meal is ordered. It is obvious that when salad is to be served at a meal, a large number of hors d'œuvres in salad oil is not in order. Many serve the assorted hors d'œuvres before dinner but the Gun Club's maître d'hôtel thinks a canapé should be the introduction to dinner while the multiple dish appetizers should herald the luncheon and a meagre lunch at that.

HOT HORS D'ŒUVRES

Upon occasion, especially in winter, hors d'œuvres may be served hot and the contrast with a very cold cocktail is not unacceptable. A well-known restaurant in Paris serves a piece of saucisson d'Arles or Lyon heated (presumably in boiling water) and a pickle as an appetizer. A sardine has a distinctly different taste when grilled and an olive or anything in olive oil has its flavor accentuated by heat. Though a hot hors d'œuvre seldom is very hot when it reaches the consumer it is well worth while to try this kind as a variety.

OTHER INTRODUCTIONS

Oysters or clams on the half shell or cooked in various ways if served as a first course may be regarded as hors d'œuvres. Pickled oysters are sometimes presented but these are apt to be tough, and have little oyster flavor. Toasted cheese crackers or even very small welsh rabbits may be served but such crackers would more

logically go with the soup and a welsh rabbit is rather heavy for such use. Lighter and better are minute soda biscuits with butter and chopped crisp bacon in them.

Fruit, or any salad, or fruit cups may be regarded as appetizers and so served.

CAVIAR

And the greatest of these is caviar. For many years, centuries in fact, caviar or the prepared roe of the sturgeon has been recognized as a great delicacy. The best is, of course, the so-called "fresh caviar" (it isn't actually "fresh") prepared in Russia, and while some of the canned is not so bad, most of it would not be recognized by its mother fish and would be disowned by the whole sturgeon family.

Fresh caviar should be served very cold, the bowl containing it usually surrounded by cracked or solid ice. First very thin toast is passed to the guest, then sweet butter—its use is optional, some like it, some do not. Next comes the caviar in its frigid bowl which is followed by finely chopped raw onion and grated hard-boiled egg, and quarters of lemon. The onion and the lemon bring out the flavor of the caviar but it is difficult to understand the function of the grated egg. Perhaps it is meant as a garnishment but then good caviar like true beauty "needs not the foreign aid of ornament."

BLINIS

Some restaurants, especially "au Caneton"—Place Bourse in Paris, have made quite a specialty of serving caviar on pancakes, covered with thick sour cream. This composition is called "Blinis" for no reason that we

know of, but by any name it is most excellent and very much better than it "sounds like." The pancakes—they would be called "flannel cakes" here, as they are thicker than the French "crêpes"—make an excellent base. They are about three inches in diameter and are hot. A little melted butter is then put on the cakes followed by

The first guest, having perhaps the great American griddle cake complex, took half the stack.

a generous helping of fresh caviar and then a ladle or tablespoon of sour cream, seemingly whipped to make it thick. It is probable that the acid in the sour cream brings out the flavor of the caviar, but lemon juice will do the same thing and perhaps more people prefer citric to lactic acid. We tried to serve "blinis" upon one occasion here in the land of the free but it was not a success. The pancakes, naturally, were passed first in a neat pile, supposedly one to a portion. The first guest, having perhaps the great American griddle cake com-

plex, took half the stack and then when the caviar came, either to be nonchalant or to cover his mistake he proceeded to spread the caviar over all the cakes he had taken. This cut down the visible supply of cakes and caviar considerably and not only caused a delay but was economically unsound with the Malossol at about eighteen dollars a pound.

A RECAPITULATION

As was said above almost any kind of food can be used for hors d'œuvres, having regard for their purpose and necessary characteristics. However perhaps a few suggestions may be acceptable. For small appetizers on toast or crackers.

Caviar: Fresh or canned, garnished with a grated egg border, with or without chopped onion.

Pâté de fois gras; next to caviar in popularity and price.

Sardine paste: Boneless and skinless beaten up with enough mayonnaise dressing to make it spread easily. Upon this place anchovies—either ring or crossed filets. Sardellens, sardine roe, olives, the stuffed variety, sliced, a slice raw tomato with little mayonnaise on top. Chopped sour pickles.

Anchovy paste: With chopped or sliced olives on top. Anchovy paste has a strong flavor and doesn't require much else.

Butter with chopped ham (boiled) or small piece Virginia ham.

Scrambled eggs: A small amount on each toast or cracker dusted with paprika or finely chopped ham or bacon (hot) or parsley or olives or pimento.

Peanut butter base with any of the foregoing articles on top.

Olives: Green or ripe or stuffed with pimentoes, onions, nuts or anchovies. Olives Gun Club—large olives stuffed with anchovies (filets) and allowed to remain in a jar of olive oil in which a crushed clove of garlic also resides. Serve on toothpicks.

Stuffed olives surrounded with a thin slice of bacon and cooked under the broiler or in the oven. Bacon held with a skewer, and olives served either on skewer or on toothpicks. May be passed sticking in a big red apple. Heat brings out the olive flavor and so hot olives make a fine addition to many dishes.

Small pieces of smoked fish (Salmon, etc.) and all the smoked sausages as well as paste of *leber wurst* (liver sausage) are applicable to this kind of appetizer. If chopped boiled ham is used, it should be highly seasoned, preferably with mustard.

CANAPÉS

Any of the foregoing mixtures may be used for canapés but the final product must be attractively garnished. Finely chopped parsley, grated or sliced egg, sliced truffles cut in designs, paprika, sliced cooked beets and such things are generally used. The base of a canapé is usually bread toasted or fried in butter on one side but a slice of boiled potato or boiled artichoke fond make excellent bases. These vegetables should be marinated (15 or 20 minutes) before. Caviar is a favorite spread for a canapé and may be fresh or canned, the

edges garnished with egg and finely chopped parsley. Caviar served on a pancake (*vide supra* "Blinis") is in reality a canapé. Any mixture as the spread, with a slice of tomato or Spanish onion or chopped onion with mayonnaise and perhaps an anchovy or sliced olive on top, makes a tasteful canapé. Chopped cooked ham with a mixture of chili sauce and chutney, and covered with grated cheese, the whole put in the oven until the cheese melts, has a unique taste and considerable merit. Minute portions of chicken, lobster or crab salad or welsh rabbit mixture or mushrooms sauté, may be used on canapés. As a canapé is eaten on a plate with a fork it can be thicker and softer than the appetizer which is passed with the cocktail; as for instance *Canapé Georgeanna* which is made as follows: A round of toast (3 inches) is spread thickly with sardine paste (sardines beaten up with mayonnaise); upon this is a slice of raw tomato about the size of the canapé. In the centre of the tomato is a dab of mayonnaise and reposing thereon is a half of a stuffed olive, cut end up.

In making a canapé practically any combination can be used but neatness and an attractive appearance are *sine qua non.*

HORS D'ŒUVRES VARIÉS

These appetizers may be many or few depending upon what the larder or delicatessen store offers.

Smoked or pickled fish or fish in oil of any and all kinds should be served in their original containers. Sardines, sardellen, salmon, herring (Bismarck and smoked), finnan haddie (marinated and shredded),

tuna, mackerel (very small). Boiled fish in mayonnaise.

Sausages: All smoked varieties sliced thin. Bologna, liver sausage. Sometimes freshly cooked country sausage of the small variety (Deerfoot Farm or Special Bar). The smoked sausage may be hot but this adds little to it.

Olives: All varieties, cold or hot or with bacon cooked around them.

Radishes—with salt and butter (German style).

Cucumbers in cracked ice or sour cream mixture (cream and vinegar). Should not only be cool as a cucumber but colder than a normal one.

All kinds of vegetables in small portions in French dressing or mayonnaise. Peas, tomatoes, artichoke buds (the little ones put up in oil). Boiled or pickled beets.

Eggs: Hard boiled, plain, stuffed or devilled in aspic jelly or mayonnaise.

Chapter IV

Soup & Super-soups, Chowders & Bouillabaisse

SOUP

Soup is liquid food. The vehicle is either water or milk and the food may be dissolved in the base (consommé, etc.); held in suspension in the liquid (purée, etc.), or merely added to it (chowders, *petite marmite*, etc.).

Generally speaking, soup falls into two classes or kinds, Thick or Thin (or clear). Thick soup may be divided again into two varieties, one with a milk base, the other a water base with a vegetable purée therein, though some cooks (in France especially) add milk or cream to make their purées richer.

The thickening may be accomplished with flour (usually admixed with butter), eggs, cornstarch, potatoes or vegetable pastes (purées), cream or egg yolk or any combination of these. Thin soup is as a rule clear and consists of the essence of meat or vegetables dissolved in water. Meat or vegetables or cheese or flour pastes may be added to a clear soup to enhance its food value or make it into a characteristic soup of some kind

(onion soup, *croûte au pot, petite marmite,* vermicelli, noodle soup, etc.).

It can be seen, therefore, that soup may be made in limitless variety (we have before us a cook book with some three hundred soup receipts). Often the changing of a garnishment may give the soup a different name.

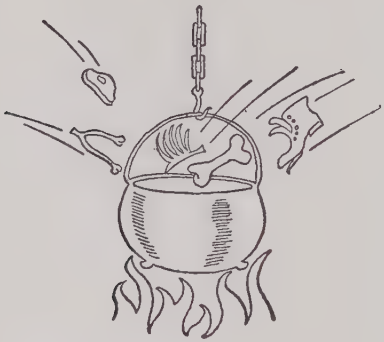
If a large assortment of food particles be added to or made into a soup it may easily become a "supersoup" or a chowder and a "chowder" is not far removed from a "stew." Anything may be made into a chowder (the word merely means a "kettle") though custom has given the lowly clam the premier chowder complex. Bouillabaisse is a fish stew or chowder with a French ancestry and a touch of saffron.

Thick and thin soups in addition to their physical differences, have different missions. A thick soup is nourishing and should only accompany a light meal, or if the soup be very thick it may be a whole meal in itself. A thin soup unless accompanied by an unearned increment, has almost no value as nourishment; it is merely a stimulant to the appetite and should be used where a heavy meal is to follow. "Bisque" is a soup made from shellfish though the meaning may be stretched upon occasion to include rabbits and game. There is no particular reason for using this word anyhow.

SOUP STOCK

Soup stock as the name implies is stock from which various soups may be made. It is the essence of meats and vegetables and in the lowly homes of the old countries, where thrift is a birthright and a necessity, the stock pot continually hangs over the fire. It simmers

but shouldn't boil and everything or almost everything goes into it—perhaps during the siege of Paris old shoes and many unmentionables were added to the "*pot au feu.*" The principle of stock making is to cook slowly, very slowly, and to remove the scum whenever it arises. Raw meats and bones and leftovers of the same, cooked (avoiding fat as far as possible) and



. . . everything or almost everything goes into it.

carcasses of raw or cooked fowls and some vegetables for flavoring (like celery and carrots and onions) are the essential ingredients of the stock pot. Condiments are not included as they are to be used when the final soup is to be made. Soup stock, as it is quite sterile when finished, will keep quite well in the ice box and of course it lends itself readily to canning.

The secret of making a good soup stock—though it is a secret no longer—is to use plenty of meat in proportion to the water. Expensive but worthy.

A SOUP STOCK

3 pounds round of beef (no fat) cut into ½-inch cubes
3 pounds knuckle of veal chopped into small pieces
4 quarts cold water
1 tablespoonful salt
2 teaspoonfuls freshly ground black pepper
½ teaspoonful red pepper
¼ cup each chopped celery, carrots, turnips and onions
2 tablespoonfuls chopped parsley
1 bunch mixed herbs or tablespoonful powdered herbs (bay leaf, thyme, sweet marjoram, summer savory)
1 oz. olive oil
1 oz. sugar
1 oz. butter

Soak bones and ¾ of meat in cold water for 1 hour. Brown rest of meat and ¼ of vegetables in olive oil and butter 6 to 8 minutes. Add to meat in kettle and simmer 4 hours. Remove scum as it rises. Add remainder of vegetables and seasoning and simmer 1 hour more. Strain through several layers of cheese cloth. When cool remove layer of fat. Clarify if necessary. To clarify, add whites of two eggs and their crumpled shells, bring to boiling point, stirring the while; boil gently 10 minutes, add ½ cup ice water, let stand 10 minutes. Strain through cheese cloth wrung out in hot water.

This stock may be preserved by putting in sterile jars and placing jars in boiling salt water for half an hour.

STOCK FROM POULTRY

The water in which chickens or other birds have been boiled makes a basis for soup stock. The carcasses of the

bird should be added, together with an uncooked knuckle of veal or cut up raw meat. Proceed to simmer with vegetables and herbs as in ordinary meat stock.

COURT BOUILLON

Court Bouillon is a soup stock made from fish and is used for a fish soup or a fish stew (bouillabaisse) or for making the aspic jelly for boiled fish. In any case boiled (white) fish may be served in or with the dish (the fish boiled separately), lobster, shrimp, or crab meat also, especially in the aspic. To make court bouillon two pounds of cut up raw fish with the heads and tails are simmered in two quarts of water, together with the usual soup vegetables and seasoning (two tablespoonfuls cut carrots, half onion sliced or two or three shallots, few peppercorns, one bay leaf, tablespoonful salt and two tablespoonfuls vinegar). Simmer the whole business for an hour and a quarter, strain and use as desired.

EMERGENCY SOUP STOCK

The commercial canned consommé or bouillon may be used as a basis (stock) for making soup, though as a rule it is rather weak. The addition of bouillon cubes (one to a pint) or beef extract makes for better flavoring. If there be time, the addition of cut up vegetables (celery, carrots, onion, etc.) sauté in butter or butter and olive oil will make the stock richer and more palatable. The butter in which the vegetables are cooked should go with them into the soup.

A pinch (about ½ teaspoonful) of sugar to a quart of meat soup stock will help bring out the flavor without giving any noticeable "sweet" taste. A suspicion of

onion flavor adds to almost any kind of soup and is welcome even to those who cannot or will not eat onions knowingly.

CREAM SOUPS

CREAM OF MUSHROOMS

Simmer large cupful cut up fresh mushrooms in 1½ quarts water for 45 minutes. Strain out mushrooms and add to liquid 1½ cups milk, 2 teaspoonfuls cornstarch, tablespoon butter, ½ cup cream. Heat in double boiler until it begins to thicken, add seasoning, salt, red and black pepper. A tablespoonful of whipped cream may be added to each plate upon being served and also a spoonful of the cut up mushrooms, heated up in butter.

Variety: Mushrooms may be cooked and pushed through a sieve (purée), then added to the liquid, in this case hot meat or chicken stock. Thickened with butter and cornstarch or flour and cream added as before.

CREAM OF ASPARAGUS

This, as in the last mushroom soup, is a combination cream soup and purée. Cut up bunch of asparagus and cook until tender (20 to 40 minutes, depending upon age and size of the asparagus) in quart of water—cold at first. Push asparagus through a purée sieve. Scald two or three slices of onion in two cups of milk to flavor (removing onion). Add cup of water in which asparagus was boiled, heat and thicken with two tablespoonfuls flour mixed with two tablespoonfuls butter—bring to boiling point or nearly so, add cup of cream and salt and red and black pepper. Some of the asparagus tips

may be kept out of the purée and added for garnishment. Onion may be cut up and sauté in butter instead of cooked in the milk, then added to soup.

CREAM OF CAULIFLOWER

Proceed as with cream of asparagus. One raw beaten egg yolk may be added just before removing soup and 2 tablespoonfuls of grated cheese.

CREAM OF CELERY

Two cups of celery may be used instead of asparagus and proceed as before except the celery finely cut up should be added to soup instead of being made into a purée. Celery salt may be used instead of plain salt and the leaves and roots may be added to the simmering celery (to be later removed). A pinch of allspice adds flavor.

CREAM OF CHICKEN

Mix tablespoonful butter with two teaspoonfuls flour in double boiler. As it begins to thicken add cup of milk or cream and quart of chicken stock. Blend thoroughly and cook ten minutes. Add three or four tablespoonfuls cooked white meat of chicken, cut in ½-inch cubes. Season salt (celery salt, pepper, black and red). Serve with croûtons or whipped cream garnishment.

CREAM OF PEA

Simmer the pods of two pounds of peas in water to cover, with teaspoonful salt, fifteen minutes. Remove pods and add peas, one cut up onion and pinch of sugar and boil 18 minutes. Press through sieve into double boiler, add four cups rich milk and two tablespoonfuls flour and two of butter blended. Stir continually un-

til thickened sufficiently. Garnish with croûtons, or whipped cream.

Canned peas may be used instead of fresh ones, or lima beans, either fresh or canned.

CREAM OF CHESTNUTS

Make a white stock—by cooking in double boiler ¼ a chopped onion, ¼ cup cut celery, ¼ cup cut carrots with three cups milk for half an hour. Remove vegetables. Add tablespoon butter and one cup chestnut purée (chestnuts boiled for half hour or 40 minutes and pushed through a sieve). Season with pepper and salt.

CREAM OF TOMATO

The great American Tomato soup usually comes in a can, in which case an equal quantity of milk may be added and a little extra seasoning, the whole heated in a double boiler with a pinch of soda, or sauté half a chopped onion in 2 tablespoonfuls butter and ½ tablespoonful olive oil, add 1 can of tomatoes or equal amount of stewed fresh tomatoes, a bay leaf, a pinch of nutmeg, ½ teaspoonful of bicarbonate soda, and 3 or 4 cloves, salt and red and black pepper, simmer 15 minutes, press through a sieve, add 4 cups of milk and cook 15 minutes in double boiler. Garnish with teaspoonful chopped parsley and croûtons or whipped cream.

CREAM OF CLAM. ["STATE IN SKUYLKILL," BY JOHN WAGNER]

One hundred and fifty clams. Put through meat chopper, cook for one hour in double boiler with 15 whole allspice, a tablespoonful whole black pepper, 1

or 2 chopped onions, small bunch pot herbs, and a tablespoonful of celery seed.

Draw off juice through fine strainer, measure and put back in double boiler, after cleaning thoroughly. Care should be taken in handling the juice, which should be allowed to settle, then drawn off until reaching sediment, which should not be used.

To each quart of juice take from ¾ to one quart of cream, or half and half milk and cream, put in separate double boiler and put on fire until it comes to a boil, then set back and keep as near as possible to the temperature of the juice.

When ready to serve, put a pinch of bi-carbonate of soda in both, stirring well. Then pour cream into the clam juice slowly and stirring well all of the time. Thicken as desired with corn starch and season with black pepper, red pepper and salt.

Before putting the soup in tureen, stir the yolks of 1 or 2 eggs in a bowl, add a small quantity of soup, stirring well to prevent cooking of the eggs, then put in tureen and stir in balance of the soup. Sprinkle finely chopped parsley over soup before serving.

This will make 30 to 35 portions.

OYSTER OR CLAM SOUP

To the usual milk mixture properly seasoned with onion, add an equal amount of chopped oysters or clams with their liquor. Bring to the boiling point and serve. A tablespoonful of celery chopped fine and sauté in butter per quart of soup is very acceptable.

If the oysters are added whole the mixture becomes the oyster stew of commerce. The clams should always be minced; if served whole they are apt to be too tough.

Oysters and clams should only be thoroughly heated, never "cooked" for any length of time (except where it is desired to extract their essence, in which case the oysters or clams themselves are not eaten, see "cream of clam").

Cream soups, to recapitulate, are soups made with milk flavored with vegetables (onions, carrots, celery, etc.) to which may be added pre-cooked meats, fish or vegetables or oysters and clams. They are usually garnished with chopped parsley, croûtons or whipped cream. Paprika gives local color without adding especially to the flavor. Most of these soups require thickening with flour or cornstarch but where mashed potatoes or purée are used no other thickening is necessary.

Velvet soup is made by using rich cream, butter, and the yolks of eggs for thickening. Two yolks well beaten and 2 teaspoonfuls butter to a pint of soup will be plenty.

THE PURÉES

The purées are generally made with a water base flavored with onion, carrots, etc., to which is added a purée or paste of vegetables. Milk or stock may be used instead of plain water.

A simple purée would be made with mashed potatoes, onion flavored (teaspoonful finely chopped onion or onion juice to a quart), tablespoonful butter with or without addition same amount cream to a quart, and the whole seasoned, liquefied with boiling water, seasoned and garnished with chopped parsley. No thickening is required other than the vegetable paste.

BLACK BEAN PURÉE

Soak 2 cups of black beans 8 or 10 hours (over night), drain, add fresh water and simmer 4 hours or until tender. Press through a sieve. Sauté half cup chopped pork with 2 chopped onions slowly (in olive oil and butter, half-and-half, quantity depending upon the leanness of pork), 6 or 8 minutes. Add bean purée, salt and pepper, a pinch of mustard, hot water if too thick. Heat very hot and strain if a thin soup be desired. Garnish with slices hard boiled eggs and lemons (skinned) and just before serving add a teaspoonful of sherry to a portion (½ pint).

Split pea, navy and other beans, and lentil purées are made the same way. The sherry is optional.

CLEAR OR THIN SOUPS

Thin soups are made with a base of soup stock to which all kinds of cooked vegetables are added. The vegetables may be boiled and then added, cut into small pieces or perhaps better, sauté in butter. If boiled vegetables are used, a teaspoonful of butter to a pint of soup should be added.

A simple clear vegetable soup would consist of 2 quarts of consommé or brown stock, 2 tablespoonfuls each of boiled and cut up carrots, string beans, turnips, green peas, and asparagus tips.

Any vegetable may be used, rice, potatoes (cubed), tomatoes, shredded cabbage, red or white, lettuce, beets, etc.

BORSCH

Borsch or Russian Beet Soup is made by cooking cut up beets, cabbage and onions in stock. Three onions,

three beets, (medium) small cup chopped cabbage to a quart of stock. The vegetables may be boiled first, then heated (sauté) with butter and added to the stock. To one quart of soup a scant teaspoonful of sugar is added and just before serving a tablespoonful of sour cream is put in each portion. Alum, citric acid or vinegar is sometimes used for the acid effect but the lactic acid of the sour cream seems preferable.

A SIMPLE SOUP—TURKEY OR CHICKEN CLEAR SOUP

Simmer the cut up carcass of a turkey or chicken, raw or cooked (remove all stuffing) with two or three stalks of celery and a couple of onions in just enough water to cover, for 2½ or 3 hours. Skim occasionally if necessary. Strain and season. A pound of raw beef cut up and cooked with the turkey or any raw poultry wings, feet or neck, adds to the flavor.

SNAPPER SOUP. (ADOLPH KIRCHER, CHEF, RACQUET CLUB, PHILADELPHIA)

Scald large snapper, remove skin and boil slowly for 1½ to 2 hours or until quite tender. Take meat off bones and cut up into small pieces (smaller than for stewed snapper). Take 5–8 pounds veal bones, carrots and onions, brown together in oven and then put in a 3-quart pot, add some flour and about pint of purée of tomato, then fill up with chicken or beef stock and the water in which the snapper was boiled. Simmer for a couple of hours, strain through a cheese cloth, add snapper meat, some sherry, heat and serve.

SNAPPER SOUP [À LA HETZEL]

Scald snapper, remove skin and simmer two hours. Cut up meat and add to rich stock made of veal (4–6 lbs.). Add cupful cubed carrots and one of potatoes. Cook together 40 minutes. Add seasoning and sherry.

PETITE MARMITE

This is a clear soup of the consommé type served in a "marmite" or upright earthenware casserole which may be "*petite*" or "*grande.*"

Previously cooked vegetables, cabbage, onions, carrots, peas or string beans may be added in any variety and pieces of chicken (not too small) or cooked meat.

Small slices of French bread with the crust on, about three to a portion, or even passed with the soup or in it, and of course grated cheese. This is an excellent soup, and the casseroles please the eye and make anticipation doubly pleasant.

ONION SOUP AT LAST

And now comes the onion soup, the premier *Spécialité de la Gun Club.* Easy to make, and by many thought the best. Beloved by all men and most women. For a small service, say not over eight, the soup may be "cooked" in the individual casseroles in which this soup is invariably served.

For four portions (not allowing for encores) take one quart of strong beef or chicken consommé, one-half pound of onions, two tablespoonfuls butter, one tablespoon olive oil, salt (go easy on salt with onions), pepper, black and red, one-half teaspoonful sugar, four

slices decrusted and dried bread and four tablespoonfuls of grated Roman or Parmesan cheese, and proceed as follows: While the stock is heating in the double boiler, sauté the chopped up onions in the olive oil and butter. A little excess butter won't hurt as it all goes in the soup. The onions should be well done—limp, browned and almost transparent. When the onions are

Onion soup at last!

done put a portion in the bottom of each waiting casserole, ladle in the hot consommé or soup stock—one-half pint naturally to each casserole. Then on top, one square of the dried bread to each, on this a level tablespoonful of the grated cheese. Put lids on casseroles and then into the oven for fifteen minutes and serve hot as blazes.

For a large service where there will hardly be room for all the casseroles in the oven, the cooked onions in

the same proportions may be added to the hot consommé and served from the tureen or double boiler into the casseroles, each of which contains its square of bread and grated cheese. If possible the casseroles should be quite hot—they can be heated on the stove or stacked in the oven. Canned consommé may be used and in this case the flavor should be reinforced with beef extract or bouillon cubes ("Steero" or any other good make). One or two cubes to a quart are not too much.

THE GUMBOS

A gumbo is a soup in which are cooked the mucilaginous pods of the okra. The small okra are cut in transverse ½-inch pieces and require about twenty minutes' cooking. Usually a tablespoonful of green or red pepper is cooked with the soup or sauté first and added.

A vegetable soup with okra is a vegetable gumbo and so a chicken soup would thus become a chicken gumbo.

To make a crab gumbo, cook two or three tomatoes with the okra in soup stock, a quart or quart and a half, add a cup of crab meat. Oysters or clams may be substituted but must only be added just long enough to become thoroughly heated.

CLAM BOUILLON OR BROTH

Clam bouillon is merely the juice extracted from clams into water. Hard or soft clams may be used and the juice extracted by steaming the clams in their shells or simmering slowly for twenty minutes to half an hour. Three dozen soft clams or an equivalent amount of hard clams will impregnate with clam essence about

two quarts of water. The clam juice is strained through cheese cloth and may be served hot or cold. It should be rather highly seasoned with pepper (the clams usually have enough salt with them). If served hot add two teaspoonfuls butter to a quart of broth.

CONSOMMÉ BELLEVUE

Consommé Bellevue is composed of half clam broth and half consommé. It is served hot in cups with a spoonful of whipped cream on top. It is considered *de rigueur* for ladies' lunches.

COLD SOUPS

In hot weather it is quite in order to serve soups cold or jellied. Any clear soup may thus be used and, of course, the soup should be absolutely free from grease.

To make a soup "jell" it may be necessary to add gelatine—a tablespoon to a quart of soup will do the trick. The gelatine is previously softened in a little cold water and then added to the hot soup; mix well but do not cook or boil thereafter. Lemon, either in thin slices—the rind removed—or a teaspoonful of juice to the portion, makes a refreshing addition to cold or jellied soup. Soup served cold requires much more seasoning than when hot. Paradoxical as it may seem, hot seasoning is indicated in foods for hot weather, else why would all our spices and peppers come from hot countries? The answer is physiological—the condiments attract the blood to the internal digestive organs, leaving the surface cooler, and if you "cool the surface you cool the whole."

SOUP GARNISHMENT

While "to garnish" means to decorate or to beautify, in connection with cooking it may mean the addition of anything which enhances the value of the dish through looks, taste or food content.

Thick soups are usually "garnished" with croûtons —small squares of toast or fried bread—and perhaps a sprinkling of finely chopped parsley. The cubes of chicken in cream of chicken soup, like chopped mushrooms in "crême de champignons," are component parts of the soup itself and could hardly be called garnishment. Thick soups need little or no food additions.

ADDED CHEESE

Clear soups, on the contrary, consisting of little else than flavor, require appetizing additions and for this purpose nothing equals cheese. A large spoonful of grated cheese and a small square of toast may transform a consommé from a weak gesture to a real accomplishment. As a rule, the cheese is grated—it may be American cheddar, Swiss or any of the hard varieties of Italy—Roman and Parmesan are the most popular kinds.

The grated cheese may be added to the soup just before it is served or the cheese may be passed, allowing the individual taste to be humored as to quantity.

Squares of toast or dried bread are put "on" the soup just before the cheese—they act as resting places for the cheese on its last ride. A tablespoonful of cheese to a portion of soup would about meet the average requirements.

ITALIAN PASTES

Next to cheese, the most important additions to thin soup are the so-called Italian pastes; macaroni, spaghetti, vermicelli, tagliatelli, rigatoni, tufali, etc.; also rice and barley, and the whole noodle family. As these are apt to make the soup cloud if cooked in it, they should be boiled on the side and added just before the soup is to be served, that is long enough before to get all heated up. These paste additions are not incompatible with grated cheese, *au contraire*, they are most friendly.

GOLD FOIL

In Germany one finds, or used to find, flakes of gold foil in bouillon. This form of garnishment is more spectacular than nutritious.

VEGETABLE ADDITIONS

To bouillon or consommé may be added cooked vegetables cut in fancy shapes (beets, carrots, etc.) or chopped vegetables in force-meat balls or in ravioli (small noodle paste pillows, poached in water or stock).

EGG GARNITURE

Eggs are used by themselves (sliced hard boiled) or in many combinations to garnish soup. The fact that heat coagulates them makes eggs, particularly the white part, of value in binding small particles of meat or vegetables together, as in cheese or forcemeat balls.

EGG CUBES

Egg cubes or balls are made by mixing egg yolk with seasoned bread crumbs and a little butter, roll into a sheet and cut in cubes or mold in small balls, dredge in flour and fry in deep oil about a minute.

EGG CUSTARD

Beat up 1 raw egg and 2 raw extra yolks thoroughly, add 3 or 4 tablespoonfuls seasoned soup stock. Cover bottom of shallow pan and "set" by standing in another pan of boiling water on top of stove or in oven. When cold, cut in fancy shapes with cutter and add 6 or more to each portion of soup before serving. The custard may be dusted with paprika or finely chopped parsley just before it hardens, or truffles, cooked ham or cooked chicken very finely ground may be incorporated in the custard. It may be colored with any vegetable coloring. When custard squares are added to consommé, it becomes "Consommé Royal," though why, royalty itself wouldn't know.

SPUN EGG

Strain beaten up raw egg into any clear soup—while still on the fire—through colander or a sieve.

DUMPLINGS AND CROÛTONS

DUMPLINGS

Dumplings are small balls of dough rolled in flour and poached either in the soup itself or in water separately.

CROÛTONS

Croûtons are cubes of stale bread (about half inch). They are browned either in butter or in deep oil, drained and either put in the soup or passed with it.

VEGETABLE BALLS

RICE BALLS

A cup of cooked rice, a tablespoonful of flour, salt, pepper and a beaten egg are well mixed, are poached in the soup a few minutes before it is taken off the stove.

SPINACH BALLS

Finely chopped cooked spinach mixed with bread crumbs and beaten egg may be used as with rice.

FORCEMEAT BALLS

FORCEMEAT

Forcemeat may be made of any kind of cooked meat, veal, beef, chicken, ham, tongue, liver, sausage, etc. The meat is ground very fine, mixed with bread crumbs, chopped onions, parsley, salt and pepper, and beaten egg, rolled into balls, dusted in flour and either boiled in soup or cooked in butter. They must be well seasoned.

CHOWDERS OR SUPER-SOUPS

To most people a chowder means a clam chowder and these are supposed to be made differently in different localities. A New England or Boston or Rhode Island chowder is supposed to have milk in it while the one

called "Manhattan" has usually tomatoes but no milk. The use of milk is optional and not mandatory in any state. Use what you will and let geography take care of itself. Instead of clams, oysters or vegetables or fish may be used. As a rule salt pork occurs in every chowder, no matter where its home town may be and the following receipts may be varied at will by any one who has courage and curiosity. In fish chowder, court bouillon is used in place of water and large pieces of boiled fish are added (Haddock, Turbot, etc.).

CLAM CHOWDER ["COROLLA"]

Fry until brown 2 tablespoonfuls salt pork cut into small cubes, in 1 tablespoonful bacon fat. Add 1 large onion minced, 1 small shallot chopped fine, 2 sprigs parsley with stems, put through a chopper. Cook until the onion is brown (about 5 minutes). Add 4 medium-sized potatoes (boiled) and cut in half-inch cubes and 2 cups of water (use that in which the potatoes got their boiling). Add quart of clam juice, then 12 to 20 minced clams (the number depending upon size of clams—altogether about a quart of the clams). Season with teaspoonful broken up thyme or ¾ teaspoonful if powdered; 3 or 4 teaspoonfuls rough freshly ground black pepper, half teaspoonful red pepper and paprika, any amount up to half an ounce. This mixture will keep a day or so in the ice box. When preparing to serve, add enough boiling water to make 3 quarts (or to 3½ quarts if wanted thinner). Heat up but do not boil. Just before serving, add 4 pilot biscuits broken up.

Variations: Use oysters, mussels, crab or lobster meat (previously boiled) instead of the clams.

Add pint stewed tomatoes, or pint rich milk (with ½ teaspoonful soda). If tomatoes or milk are used, pass the pilot crackers instead of breaking them up in the chowder.

VEGETABLE CHOWDER

Instead of water use meat soup stock and instead of clams use chopped up and previously cooked vegetables, for example: 2 onions, 2 carrots, 2 tomatoes, cup of corn, ½ cup of celery, and 2 instead of 4 potatoes.

This is really a simple vegetable soup with an ounce or so of salt pork added. The pilot biscuit may be served with or within the chowder.

HUDSON COUNTY EMERGENCY CHOWDER

When boating or in camp or in a hurry, a rapid clam chowder may be made by adding to a can of Campbell's Vegetable Soup an equal amount of chopped up clams and their liquor. Hard or soft clams may be used and the whole combination heated up, seasoned a bit and served with Uneeda Biscuits. Why not?

MINESTRONE

Minestrone is an Italian soup usually attributed to the vicinity of Milan but popular all over the peninsula and adjacent Islands. It is a vegetable soup whose base may be water or stock and it contains, among other things, all available vegetables, onions, or garlic, or both, lettuce, cabbage, spinach, celery tops, dried or fresh beans or peas; also, of course, some of the pastes (macaroni, spaghetti, etc.). Then perhaps, shrimps, mussels, pieces of pork or sausage or what you have. In

some cases cream cheese is beaten into the soup, though generally grated Parmesan or Roman cheese is sprinkled in. It will be noted from the above that a proper receipt for Minestrone Soup would be a list of things that aren't in it rather than those that are—thus time would be saved in the record. If this soup were made in Rhode Island it would be called a "Chowder," in New Orleans a "Gumbo," and everywhere a whole meal.

BOUILLABAISSE

Bouillabaisse is a fish stew or chowder. The stew may be served clear or fairly so, with pieces of dried bread or toast in it and the fish or crustacea passed separately or these may be in the soup all the while. Any available fish, bivalves or crustacea may be cooked in a bouillabaisse though the larger fish which lend themselves to boiling are generally used. In its home town (Marseilles?) the stew is colored with a pinch or so of saffron, but where this is unobtainable any vegetable coloring could be used. As the coloring adds hardly anything to the flavor but only gives the guests something to wonder at, it may be dispensed with entirely.

Bouillabaisse is made in no fixed way, it perhaps more than any other dish reflects the individuality or idiosyncrasy of the cook. The following receipt might strike an average.

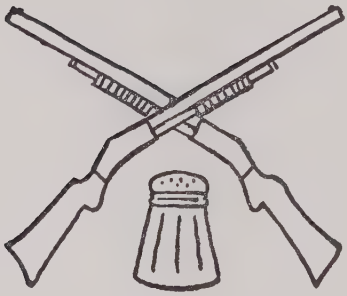
ONE WAY TO MAKE IT

Cook in ½ cup of olive oil—1 chopped onion, 1 leek or shallot also cut up, a hard tomato sliced, 2 crushed cloves of garlic (if you have visited Provence) about 15

minutes or until onion is well done, then add teaspoonful chopped parsley, a pinch of powdered saffron, piece of bay leaf, pepper and salt and perhaps a pinch of savory and fennel, also black pepper and salt (*q.s.*). Add whatever raw fish available—cut in 1½-inch cubes and a quart or more of water, depending upon amount of fish which should just be covered. Bring to a boil, then simmer until fish is done—some 15 to 20 minutes. Then add cut up boiled lobster or boiled shrimps or raw oysters or clams, hard or soft. When heated thoroughly, take out fish, lobsters, etc., and strain soup into hot plates on slices of buttered French bread, 1 to a plate. Pass the fish separately or put some of the mixture into each plate just before serving.

At the Reserve, a restaurant on the Corniche Road outside of Marseilles—perhaps the best place to order bouillabaisse—the little clams are put into the soup in their shells and just cooked long enough to open when they are removed and served separately. At this pleasant place one should eat *déjeuner* on the terrace overlooking the Bay of Bonne Veine. The fish stew at this hostelry is mild and gentle compared to the food of the same name served in the "down town" restaurants on the rue Noilles. The native dish at its best (or worst) can be had at L'Estagne, out past the abattoirs; the aroma from the latter acting as an hors d'œuvre, after which nothing can shock. At Pascal's, on the square, is perhaps found the *ultima thule* in bouillabaisse and with it come strange sea urchins, gelantinous *praires,* queer eels, the *rascaz,* looking like a telescopic-eyed mauve un-golden gold fish. Other odd fish may come and go but after all the intriguing part about bouillabaisse is that after the order is given one never knows what may

show up. The stew in any restaurant begins normally with oil and garlic but after that "omnia exeunt in misterium," as T. Aquinas was wont to say (but not about bouillabaisse).



CHAPTER V

On Bivalves

Oysters, Clams, Mussels, Scallops

OYSTERS

THE oysters (*Ostrea Virginica*) of the Eastern seacoast of the United States are plentiful and inexpensive and are consumed in great quantities both raw and cooked. The European oysters (*Ostrea edulis, et al.*) are very expensive and, as a rule, are eaten raw as an hors d'œuvre or course preceding a meal. The raw American oysters are served loose on the shell, whereas their aristocratic and exclusive foreign cousins—retailing at ten or fifteen cents apiece—are left attached to one shell, a kind of "non-refillable shell" idea. Considering the difference in price of the various kinds, this is supposed to guarantee that the guest gets what he orders, provided, of course, that he "knows his shells." In the exclusive oyster circles of the Eastern United States (the "thirteen original" probably), some of the better sort of oysters have metal tags ("sea tags," etc.) attached to their shells, but no marks of identification on their persons. This undoubtedly pleases many persons of the type who have nu-

merous club initials in the Social Register, *noblesse oblige.*

Contrary to the general opinion, oysters have a high food value and a composition comparable to milk, and paradoxical as it may sound, the way to cook them is not to "cook" them at all. By this is meant that the oysters in any method of preparation should never be more than thoroughly heated—as soon as their edges begin to curl up in protest, cooking should be stopped. Beyond this they become tough, unpalatable and indigestible.

Salt oysters or oysters which have lived continuously in salt water are preferable to those which are subject to recurrent baths of fresh water—river oysters—and the process of "floating" oysters in fresh water to fatten them, has rightly been condemned by the U. S. Bureau of Fisheries. Oysters bloated with water and fed with cornmeal may look handsome enough, but they are apt to be puffy and tasteless—they should be seen but not eaten.

Oysters may be prepared in many ways (the Bureau of Fisheries—Economic Circular No. 58 describes almost a hundred methods), but as a rule they are served raw, fried, stewed (so-called), panned, and to a less extent broiled and baked (roast).

RAW OYSTERS

Oysters should be opened on and served in the deep shell, to conserve their liquor. This is seldom done, since the oyster openers think they (the oysters) look better on the flat shell, and habit makes it easier to serve them this way, and to change a habit is difficult

for any one. Raw oysters should be eaten immediately upon being opened as they become ropy shortly thereafter. This makes it difficult to serve them at dinner in the home, since usually there is no one in the house who has the time or skill to open them, and if they are

. . . usually there is no one in the house who has the time or skill to open them.

"sent in" they may have been lying open for several hours. True, the oysterman or cook may brighten them up with a dash of salt water. Many clubs and hotels, recognizing this raw oyster problem, have installed oyster bars where the patrons consume the oysters immediately after they are opened.

Raw oysters are served simply in the shells with lemon or oyster cocktail sauce or *in* cocktail sauce (more common on the Pacific Coast where the oysters are small and might be diffident about appearing alone on

a shell). The European oysters are usually accompanied by black pepper and vinegar.

FRIED OYSTERS

The largest salts are particularly adapted for frying. They are dried, dipped in beaten egg, rolled in bread crumbs (seasoned with salt and pepper and dry mustard, the latter optional) and fried in deep hot oil, a few at a time. Any oil will do—lard, cottonseed, corn oil, and last but best, olive oil. A Philadelphia caterer made himself famous by using nothing but olive oil for his fried oysters. The oil may be filtered through cheesecloth and used many times. Fried oysters are usually accompanied by catsup, prepared mustard, dill pickles and oyster crackers.

Oysters may be dipped in batter and fried or mayonnaise dressing may be used in place of beaten egg, before rolling in bread or cracker crumbs.

Oysters pan fried in butter (sauté) come under the head of panned oysters. Fried oysters and chicken salad are considered "party food" in many a pocket borough or even large municipality.

STEWED OYSTERS

Oysters, of course, are never "stewed," which means prolonged cooking, they are merely heated and added to the hot liquid, usually milk. A simple stew would consist in heating oysters in their own strained liquor with water added to make "enough." Season with salt and pepper, add two or three tablespoonfuls of butter

to the quart of liquid and some broken crackers. This is almost too simple, and the stew is usually made with milk. A basic oyster stew formula would be as follows:

One quart oysters

One quart liquid { oyster liquor and water / oyster liquor and milk / all milk / milk and cream / all cream

Butter ¼ cup
Salt and pepper (black or red, or both)
Paprika to "garnish"
Oyster crackers either with or in the stew.

The milk or milk mixture should be well heated in a porcelain lined double boiler, the oysters heated in their own liquor or in the butter and then added and only thoroughly heated, *not* cooked, in the milk.

A more complex stew may be made by adding to the hot milk 1 chopped onion and 2 tablespoonfuls chopped celery, these having been fried (sauté) in butter or butter and olive oil. Chopped parsley—about a teaspoonful to a quart—is always an acceptable garnish for any milk stew or soup and a dusting of paprika lends a touch of color.

Some use garlic in an oyster stew, but garlic in milk is rather too reminiscent of the milk of early spring forced upon us in the days of our youth. The oysters may be chopped before adding to the liquid but this would make a soup rather than the oyster stew of commerce.

PANNED OYSTERS

Panned oysters are cooked in a pan, naturally, with a little of their own liquor and a fair amount of butter. They are seasoned with salt and pepper and a little lemon juice and are usually served on toast. The "toast" may be dipped in the frying pan mixture or it may be bread fried in butter. Panned oysters admit of much variation in seasoning and serving. They may be served on toast with various coatings or grated cheese, or eggs may be cooked with them; also cubed cooked ham or bacon or mushrooms or tomatoes and such like.

PANNED OYSTERS—À LA GUN CLUB

Prepare a sauce by melting 1 cup of butter and when hot add 1 tablespoonful finely chopped bacon—previously crisply cooked and drained, 2 teaspoonfuls chopped parsley and 1 tablespoonful lemon juice. Salt, black and red pepper. Mix well and keep hot but do not cook further.

The oysters are panned in a little of their own liquor and when done (their edges beginning to curl) the sauce is added and well mixed and the dish immediately served. The oysters may be transferred to hot ramekins for individual service and a tablespoonful of the sauce spread upon each portion.

OYSTERS TIPPERARY

This dish is supposed to have originated in New Orleans, surely a "long, long way from Tipperary." In this method the toast is spread with pâté de fois gras, then come the oysters well panned in butter and some

chopped mushrooms, fried for a few minutes with the oysters and sprinkle on top.

Panned oysters may be served on toast alternating with grilled or fried sardines, or on chopped, cooked and reheated ham or in numerous ways subject to the imagination of the cook.

PIGS IN BLANKETS

"Pigs in Blankets" are oysters wrapped in thin slices of bacon and then panned or pan broiled. The bacon must be very thin lest the oysters cook too much before it is done. Toothpicks hold the bacon in place and also give the guest a handle. This dish lends itself nicely to the chafing dish and is well adapted for a late supper. Stuffed olives cooked with bacon the same way and in the same dish may please and surprise the guest who, when he reaches for an oyster, gets an olive.

BROILED OYSTERS

Oysters may be broiled but this method is hardly to be recommended, as they are liable to be scorched on the outside before they are heated through. Narrow mesh broilers constructed for the purpose are used and the oysters then served on toast with a butter sauce.

It would probably be easier and more satisfactory to pan them in the first place. Oysters may be broiled *en brochette* with pieces of bacon; this is an adaptation of "pigs in blankets."

BAKED OR ROASTED OYSTERS

Oysters may be roasted or baked individually in their own deep shells. The liquor is left in, and various mixtures may be superimposed. Bacon sliced very thin or

chopped (*à l'ancienne*) or onion chopped (*casino*) or onion and cheese; butter when bacon isn't used.

The same mixture used in panned oysters à la Gun Club may be spread on the oysters for baking.

In an "oyster roast" the oysters are heated on the top of the stove or in the oven until the shells gape open; they are then removed and served with a drawn-butter sauce to which may be added lemon juice, chili sauce, catsup or horseradish. Pepper and salt, naturally. The same sauce is used with roast oysters as that which bespatters the diners and the table in the eating of steamed clams.

CREAMED OYSTERS

In this method, the oysters, bereft of their juice, are heated and coated in a double boiler with a white sauce. It's a poor dish, as the oysters are usually cold and pasty by the time they reach the consumer. However, probably due to the unlimited amount of white sauce always on hand and the fact that any oysters may be used, this is the caterer's favorite specialty. "Creamed" oysters (*sans* cream) are invariably served in large receptions of the second or third class, boarding house spreads and at progressive euchre parties.

OYSTER FRITTERS

Make a rather thick mixture of chopped raw oysters with a batter composed of flour, eggs (1 egg to 1 cup of flour), baking powder, salt, pepper and milk, and fry in deep hot oil, about one tablespoonful of the mixture to a fritter.

CLAMS

Clams—for cooking purposes—are of two varieties, the soft clam (*mya arenaria*) and the quahog or hard clam (*Venus mercenaria:* sounds a bit immoral). Both these varieties may be prepared by the same methods as are used in oysters. Hard clams being much tougher than the *ostrea virginica*, should be chopped up before being added to a stew or when baked in their shells or in ramekins. There is no finer soup than chopped-up clams added to a rich milk or cream with a goodly amount of sweet butter and seasonings—perhaps whipped cream on top and pilot biscuits inside. A meal in itself, and a good one.

CLAM STEW

Make like oyster stew, only chop up clams.

CLAM FRITTERS

Same way as oyster fritters.

FRIED CLAMS

Proceed as with fried oysters, using soft clams.

CLAMS MANTOLOKING

Chop up raw clams, add 2 or 3 teaspoonfuls Worcestershire sauce to the quart, a tablespoonful chopped cooked bacon, teaspoonful chopped parsley, salt and pepper. Stir in enough bread crumbs to thicken, so that mixture will hold itself in shells, fill in large clam shells, sprinkle bread crumbs over top and a small piece of butter; bake in oven until bread is somewhat browned (10–15 minutes). Grated cheese may be mixed with

the top layer of breadcrumbs if cheese is not to be used elsewhere in the meal.

STEAMED CLAMS

Steaming is the usual method of preparing soft clams. This dish is a much advertised component part of a shore dinner. Like the eating of artichokes, it wouldn't amount to much if it were not for the sauce. Clams may be steamed in a "steamer" built for the purpose. This is constructed like a double boiler with perforations in the top container for the steam to come through. The vessel is closed and the clams are only steamed until they open. The water in the lower container being impregnated with clam juice, is served as clam broth. The clams may be steamed in any container by boiling a little water in the bottom—the lower layer of clams may be a bit overdone, but what of that? By the time this layer is reached the guests are over-fed.

Clams may be opened or "steamed" by dipping them in boiling water in nets or cheesecloth bags or sieves. How they are opened makes little difference, the sauce is the thing. Theoretically the clams should be thoroughly washed and freed from sand before being steamed, but then what's a shore dinner without some sand and a little seaweed?

SAUCE FOR STEAMED CLAMS

Highly seasoned melted butter is the basis for this sauce. It may be only this with lemon juice added, or it may be made with a third chili sauce or catsup and some people like onion or horseradish flavor.

The bottled oyster cocktail sauce heated up with an equal amount of melted butter with a little added

lemon juice is quite *au fait* for this purpose. Steamed clams are eaten with the fingers, dipped in the sauce and swung into the mouth. A few misses won't matter as there are always hundreds of clams coming from the kitchen. After this course there is usually an intermission for purposes analagous to clean-up week.

After this course there is usually an intermission.

MUSSELS

Mussels, though much used as food in Europe, are seldom seen in this country outside of Boston and vicinage. As they are quite palatable an effort is being made to introduce them in the larger cities of the country. There are two varieties of mussels, the large (*modiola modiolus*, sounds like a flower) and the small (*mytilus edulis*) and they can be prepared and used in any way applicable to oysters or soft clams. They are steamed or boiled for 8 to 10 minutes, removed from the shell

and their beards bobbed. They may be marinated a few minutes and used to garnish hot (e. g. "sole Marguery") or cold (aspic) fish dishes.

SCALLOPS

Scallops are bivalves of the family of the *Pectinidæ*, two varieties of which are found on the market; the large deep sea scallop and the smaller variety usually caught in shoal waters off New England.

The word "caught" is used advisedly, because scallops when pursued may jump three or four feet (under water). The scallop sold in the market place is merely the adductor muscle which holds the mollusk's shells together and while dictionaries and cook books unite in saying that the rest of the animal is not edible, this is not so, as any one who has visited Tom Moore's in Bermuda can testify.

However, as only the muscle is obtainable we shall treat it as if it were the whole mollusk.

Scallops may be eaten raw, stewed, fried or broiled and cooked in combination with other foods.

RAW SCALLOPS

Marinate 10 minutes and serve in or with oyster cocktail sauce or merely with salt and lemon juice.

STEWED SCALLOPS

Add to hot milk, butter, etc., as with oyster stew; serve when thoroughly heated. Stew may be thickened with a little flour and the whole poured over buttered toast in soup plates.

FRIED SCALLOPS

Roll dry scallops in egg and seasoned bread crumbs and fry in deep oil.

SCALLOPS, EN BROCHETTE

Thread on brochettes (skewers) 2 scallops, then a square of bacon, then 2 more scallops, and so on until skewer is filled. Roll in olive oil, drain off excess oil, then coat with bread crumbs seasoned with salt and pepper. Place brochettes in broiler (makes turning easier) and broil 4 to 5 minutes on each side.

Serve in a platter garnished with parsley and spread over each skewer a teaspoonful or thereabouts of maître d'hôtel butter (butter, lemon juice and chopped parsley well mixed). Two skewers to a portion are about right. For after the theatre supper the skewers may be prepared previously and so the whole operation will take little over 10 to 12 minutes. The broiling compartment of the stove (if it be a gas stove) should, as always, be heated before operations begin.

SCALLOPS AND OYSTER CRABS

These may be cooked together in the same manner as white bait and oyster crabs. Dredge the scallops and oyster crabs in flour, shake off excess and fry in deep oil about a minute. Sprinkle with salt and pepper and serve with a Hollandaise or tartar sauce.

Scallops may be used to garnish fish dishes with or without mussels or shrimps.

CHAPTER VI

On Crustacea

Lobsters, Crabs & Shrimps

LOBSTERS

If it took courage to eat the first oyster, how much braver was the man or boy who caught and consumed the first lobster! Or one can imagine the surprise and chagrin perhaps of the traveller from the South, used to handling the horrid-looking but harmless and clawless langouste, when to his waiting hand came a full-sized *homard!* Lobsters are prepared in many ways in many places, but basically speaking they are either boiled or broiled. The "Broiled live lobster" has become the symbol of gay life both in the city and at the shore. Of course, the lobsters aren't "alive" when being broiled, they could hardly survive being split from stem to stern, and unfortunately many have been boiled for many days previous to the "live broiling" process. Many fish markets stock live lobsters and boiled lobsters, and if always the customer would take home a live one, there'd be no fear of ptomaine poisoning. Fresh lobster, like fresh fish, will go well with milk or any other kind of food, and a stale lobster like a *passé* fish, shouldn't be used as food. Canned lobster is perfectly wholesome if it looks and smells all right when the can is opened. Obviously the can should only

be opened when the lobster is to be used. All canned goods are either quite all right or horribly all wrong and with very few exceptions they make this known as soon as the lid is off. Contrary to rustic rumor, there is no "dead man" or poisonous part of a lobster or crab.

BROILED LOBSTER

Split the lobster with a sharp heavy knife. Remove stomach and intestines, also "vein" through tail muscle. Keep coral and green fat—these may be cooked (sauté) in butter and put back after lobster is cooked. Broil lobster 10 minutes on flesh side and then 5 minutes on shell side. Spread butter on exposed side and broil again until done, perhaps 3 to 5 minutes more depending upon size of lobster. Sprinkle with salt and pepper and serve with drawn butter and lemon. The meat may be removed and tossed about in hot butter with lemon juice, salt and pepper, and then served, though most people like to see the whole animal on the table. A whole small lobster or half of a large one makes a portion. If used as an entrée before a large dinner, half of a small lobster would be enough. This does not apply to "shore dinners" or "clam bakes" for at these affairs restraint is not the order of the day and a food marathon seems to be indicated or expected.

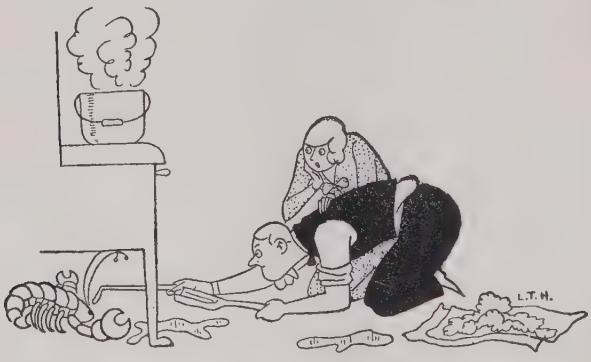
BOILED LOBSTER

Plunge the live lobster head first into rapidly boiling salted and acidulated water (1 tablespoonful of salt and 1 cup vinegar to a gallon) and boil 20 minutes for a medium-sized lobster. A very large one may take half an hour. Remove all meat possible from body and

claws. Boiled lobster may be eaten "as is" with salt and lemon, French dressing or mayonnaise, or it may be re-heated with various sauces in innumerable ways.

LOBSTER À L'AMÉRICAINE

Lobster "à l'Américaine" is decidedly not lobster after the American fashion, as one might suppose from its name, but is a dish concocted by Peter of the Café



Plunge the live lobster into rapidly boiling water.

Américain in Paris. It would be difficult to reproduce it in the United States at the present wine-less age. It consists of slices of raw lobster stewed with olive oil, onions, bay leaf and thyme in a mixture of court bouillon and white wine. It is then thickened with tomato paste, flavored with butter, Madeira wine, cayenne pepper and burned brandy and served in ramekins or silver timbales. Try and get it!

Julian Street, in his valuable book, *Where Paris Dines*, says that "Lobster Américaine" should be "Lobster Armoricain," for it is a Breton dish, and the Roman

name for the peninsula of Brittany was Armorica. Authorities differ; Escoffier says this method originated at Restaurant Français, Nice, about 1860.*

LOBSTER THERMIDOR

Lobster Thermidor is boiled lobster repacked in the shell in white sauce flavored with mustard, onion juice and cheese and then baked. To be more specific, remove the boiled meat from the lobster and claws. Clean out the body cavity and repack with the lobster cut up in pieces (½ to ¾ inch; never cut up lobster in fine pieces. All meat loses its character and taste if minced). Fill in with medium thick white sauce, flavored with a very little onion juice and mustard. Sprinkle grated cheese mixed with bread crumbs on top and bake in hot oven (440–450) to heat and brown—about 6 minutes. Serve ½ lobster to a portion.

LOBSTER À LA NEWBURG

Lobster Newburg shares with welsh rabbit the honor of making the chafing dish famous. The Newburg may be thickened with either flour, cornstarch or eggs, and the procedure is as follows: Cook cut up pieces of boiled lobster in butter in a double boiler or in the top container of the chafing dish, add pinch of cayenne pepper,

*Under "Homard à la Americaine," Prosper Montagné ("Grand Livre de la Cuisine") has this to say: "L' origine de ce plat (Homard à la Americaine) en dépit de sa dénomination est bien Française. Certains auteurs, et nous nous rangeons à cette opinion, disent même que cette appellation est une simple déformation du mot 'armoricaine,' nom qui indiquerait de façon trés nette que cette préparation est originaire d'Armorique, et qu'elle est donc bien française.

"D'après le maître Escoffier, le point de départ de cette préparation, aujourd'hui connue dans le monde entier, pourrait bien être le restaurant Français, a Nice, où, vers 1860, on fasait couramment la langouste sautée aux tomates, aujourd'hui dénominée 'à la americaine.'"

salt and sugar. Stir in carefully sufficient cream (about a scant cupful to a medium lobster) in which have been mixed raw yolks of eggs (2 to a cupful of the cream), then a wine glassful of sherry, and as soon as the mixture begins to thicken, remove and serve on squares of toast. Instead of using eggs, the mixture may be thickened with flour or cornstarch. The eggs, however, make for richness and the addition of a few slices of truffles is not amiss.

LOBSTER "PAUL"

As a change from Newburg, lobster cooked in a chafing dish after the manner of Paul of the Shelbourne Grill (Atlantic City) is quite to be recommended and it might be added that the "kitchen" in this hotel is not surpassed by any other in these United States. The receipt is simple and effective. Blend equal parts of butter and chili sauce in a chafing dish. When hot add Worcestershire sauce, 2 teaspoonfuls to a cupful of the mixture, then the cut up boiled lobster. Heat thoroughly and just before removing add some very finely chopped parsley, say, 2 teaspoonfuls to a cupful of the same. Mix and serve. A dash of lemon juice is optional. Paul himself steams the lobsters, un-shells them at the table and uses neither Worcestershire sauce nor lemon juice.

LOBSTER SAUTÉ

Pieces of boiled lobster may be heated up in butter, salt and pepper (black and red) and served on toast. Not bad at that.

LOBSTER SALAD

Lobster salad is merely cut up boiled lobster mixed with mayonnaise, dusted with paprika and arranged on lettuce. Cut up celery may be mixed with the lobster and some like shredded lettuce.

LOBSTER EN BROCHETTE

Pieces of boiled or raw lobster may be broiled on skewers with bacon in the same manner as scallops.

LOBSTER CURRY

Some hotels feature curried lobster. It should be served in a rice ring with curry sauce. (Sauté a chopped onion in butter, add a tablespoonful curry powder mixed with the same amount of flour, cook until it thickens. If too thick, add hot water or milk.)

Be this as it may, since lobster has such a delicate flavor, it is questionable whether or not it should be mixed with curry powder.

CRABS

HARD SHELLED CRABS

Theoretically crabs should be given the same treatment as lobsters; that is they should be purchased alive and boiled and picked in one's own home. Practically this is never done. It's such an infernal job to pick them that no one will do it and so the previously cooked crab meat from the Eastern shore is universally used. Crabs admit of practically the same treatment as boiled lobster meat; à la Newburg, à la Paul, etc.

DEVILLED CRABS

Devilled crabs are made in a manner similar to Lobster Thermidor. The crab meat is repacked in shells with a highly flavored white sauce and baked. To one cupful of crab meat mix ¾ cupful of white sauce, ½ cupful of breadcrumbs, 2 teaspoonfuls Worcestershire sauce, ½ teaspoonful mustard, a pinch of mace and a few grains of red pepper, a teaspoonful chopped parsley, two of melted butter and yolk of an egg. Mix well and pack in shells. This amount may fill 8 to 10 shells —it's best to keep on hand a variety of sizes. Cover with bread crumbs and brown in oven, on the average 10 minutes.

CRAB RAVIGOTE

In hot weather cold crabs with a highly seasoned sauce are very acceptable. Crab ravigote is made by mixing cold crab meat with a thick remoulade sauce and repacking in the shells. The crabs are covered with mayonnaise dressing and highly decorated wth filets of anchovy, pickles, sliced stuffed olives and hard boiled eggs. The remoulade sauce is made by chopping and mixing 2 parts each of capers and anchovies, 1 part chopped parsley, salt, pepper and dry mustard, perhaps (optional) an ⅛ part chopped onion or a suspicion of garlic. Mix together with olive oil and a dash of vinegar.

CRAB SALAD

Crab meat can be used as a salad mixed with mayonnaise dressing or it can be mixed with other materials (for instance, half crab meat, half alligator pear (cubed) with a Russian dressing makes a worthy salad and may be served in the evacuated pears).

SOFT SHELL CRABS

Soft shell crabs are usually fried, either sauté in butter or by immersion in oil. They may also be broiled. Like lobsters, they should approach the kitchen alive and are prepared by cutting off their faces; this may sound cruel but it is as humane a way to kill them as any other. The ventral plaque or "apron" is removed and the spongy material ("feathers" or lungs) from under the points of the shell. The crabs may be washed if necessary to remove sand or seaweed. Dry the crabs, dredge in flour and sauté in an excess of butter in a flat pan (skillet) or chafing dish. If a large number are required they may be fried in deep oil. They may also be breaded, i. e., rolled in egg and bread crumbs, before being cooked, but this adds nothing to their flavor. In any method it takes from 6 to 10 minutes to cook them. Sauce tartar or Hollandaise sauce may accompany them but as their flavor is so delicate a little salt and pepper with a few drops of lemon juice should be enough to please a real epicure.

SHRIMPS

Shrimps should be as fresh as possible, boiled in salted water and de-shelled. Only the tails are used and the dorsal "vein" is removed.

CREAMED SHRIMP

Mix boiled shrimps in a thick highly seasoned white sauce, heat well and serve in a rice ring. Another ring outside the rice may be composed of cubed boiled carrots and cooked green peas. This combination makes a substantial and attractive luncheon dish or an entrée.

SHRIMPS MEXICAN

Sauté a chopped onion, a lobe of garlic and a chopped-up pepper in butter and olive oil—equal parts. Season highly with salt and black pepper, add a dash of mustard and a teaspoonful of tarragon vinegar. Mix in the boiled shrimps and heat thoroughly.

SHRIMP À LA NEWBURGH

À la Paul, salad, etc., are done the same way as is lobster, and boiled shrimps are used as garnishment in many fish dishes both hot and cold.

Chapter VII

On Fish

Fish differs from the meat of other animals in many respects but the most important fact is that while beef, game and poultry improve by being "hung" or kept for a varying period after the animal is killed, fish on the other hand cannot be too fresh. It should be cooked and eaten as soon as possible after it has been caught, or "killed," to use the angler's phraseology. Even if kept properly chilled the flesh of most fish becomes softer after a few hours and while it doesn't necessarily become spoiled by retention in the ice box, it becomes less palatable.

Salmon, turbot and possibly sturgeon are rather exceptional in that they can be kept quite a while without deterioration. Some think turbot improves with age but it would be risky to experiment with this theory. Canned salmon retains most of the virtues of the fresh fish. It is a most valuable food.

Large fish are usually boiled, while small ones may be pan fried or broiled. Small skinless and boneless pieces of fish (filets) may be "poached" in water, or water and wine, or court bouillon and then dressed with any kind of sauce and garnishment. This is the customary method of cooking filet of sole in France or so-called "filet of sole" (*née* flounder) in the States.

BOILED FISH

Any large fish may be boiled whole or in pieces. The fish should be wrapped in cheese cloth and immersed in boiling water. Fish boilers constructed for the purpose have perforated trays on which the fish may be gently lowered or raised. It is a comfort to have one of these large enough for any emergency, though to get a proper one it must be made to order since house furnishing stores cannot visualize a yard long salmon. After the fish is immersed the water should be kept at the simmering point until the fish is cooked. It is "done" when the flesh separates from the bones, and the time required depends not only on the weight but also on the thickness of the fish. A thin fish may require less than half the time that a thick one would. The range would be from five to ten minutes to the pound. The fish should be skinned upon removal from the water and can be served hot or cold. Do not put a fish (or any other food) in the ice box until it has lost its heat.

Boiled fish may be cut up and re-heated with any kind of sauce for various fish dishes (with egg sauce, escalloped, *au gratin*, etc.). In serving boiled fish, hot or cold on a large platter, only the top skin need be removed. The fish if hot, covered with white sauce; if cold, with mayonnaise.

A large cold salmon masked with mayonnaise and artistically garnished is a noble dish and justifies any expense one's friends may incur in going to Canada in the spring. It is doubtful whether or not the addition of vinegar and spices to the water in which the fish is simmered adds to its flavor, but some recommend such use of onion, cloves, bay leaf, peppercorns, ginger, mace

and red pepper with a cup of vinegar to the quart of water. The vinegar may tend to make the fish firmer.

Fish which lend themselves to boiling may be cooked in a steamer. This process would probably require a few minutes longer.

BAKED FISH

Moderate sized fish—five to ten pounds—may be baked (or roasted) in the oven. They are cooked whole, filled with a stuffing. As they usually require more oil, strips of bacon should be laid over them and they should be frequently basted.

The stuffing is made of bread crumbs squeezed out in milk, butter, seasoning, chopped oysters or mussels, mushrooms (cooked previously in butter) and perhaps a bit of the ubiquitous onion.

If it is desired to pass the whole fish at the table, the tail, for appearance' sake, should be protected from burning by covering with waxed paper or a layer of mashed potatoes—to be removed before serving.

FRIED FISH

Small fish may be fried in oil or pan fried in butter, or in some cases they may be broiled. Filets of fish or slices of large fish may also be cooked by the same methods.

FRIED SMELTS

Or fried pieces of flounder or other fish. Roll in beaten egg and seasoned bread crumbs and fry in oil, a few at a time. Drain and serve with Hollandaise or tartar sauce or catsup and lemon juice. Cook until well browned, about five minutes.

SMELTS SAUTÉ

Smelts and other small fish may be cooked in butter, turning once, three minutes to a side.

SMELTS BROILED

Smelts may be split and broiled, two or three minutes to a side. Serve with lemon juice or maître d'hôtel butter.

FILET OF FLOUNDER

Marinate filets of flounder or any other fish or fish steaks twenty minutes. Drain. Place in shallow pan, dot plentifully with butter and cook in oven or preferably under broiler eight or ten minutes, or more if thick. Season with salt and pepper, sprinkle on lemon juice and garnish with chopped parsley and paprika. This is the easiest way to cook filets or sections of fish.

FILETS OF FISH

French method: Poach filet of sole or any other fish, eight to ten minutes in water, water and white wine, or court bouillon. Drain and mask with white sauce or any other sauce. Glaze in oven or under broiler five minutes and garnish in various ways. It is the method of dressing or serving which has given the filet of sole a hundred different names in France and has made many a chef famous.

To name them all is impossible and even to mention a considerable number is out of place in this book. Those interested are referred to Cancel's *Encyclopedia of Modern Cooking* or Prosper Montagné's and Prosper Salle's monumental work entitled *Le Grande Livre de la Cuisine.*

One or two examples will suffice here.

SOLE MARGUERY

A poached filet of sole with a white sauce garnished with mussels and shrimps and glazed in the oven.

SOLE WALEWSKA

A poached filet of sole resting on slices of lobster or langouste, sliced truffles on the fish and the whole masked with sauce Morney (white sauce with grated Parmesan or Roman cheese) and glazed in the oven.

SOLE CARDINAL

Poached filet with slices of lobster on top and white sauce decorated with lobster coral.

SOLE GEORGEANNA

A poached filet covered with chopped mushrooms in white sauce, glazed and garnished with broiled mushroom caps.

SOLE YACHT CLUB (HABANA)

A filet of sole spread with chopped almonds sauté in butter with onion flavor and a dash of lemon juice. Garnished with chopped parsley and paprika and a sprinkling of grated cheese.

The permutations and combinations possible in preparing and presenting a filet of sole are innumerable and here the amateur may compete with the greatest cooks the world has produced—the way is open but the going is hard!

FRIED SOLE

Sole or any other small fish or pieces of fish may be fried either in butter (sauté) or by the deep fry method. They may be breaded or not. The breaded fried sole served with a bit of lemon is England's finest contribution to the breakfast or lunch table and may compensate to some extent for Britain's horrible morning repasts. Unfortunately, however, outside of London, in the early morning sole is "hard to have."

FISH À LA NEWBURG

Pieces of boiled fish in a medium white sauce with the raw yolk of an egg or so and sherry added might be called "à la Newburg," and boiled fish may be flaked and baked with bread crumbs (scalloped) or in ramekins or scallop shells *au gratin*, with or without cheese.

SALT FISH

Cod or mackerel put up in brine are freshened in water or water and milk over night and then either heated in boiling water or under the broiler, spread with butter, garnished and served.

CREAMED SALT COD [*Brandade de Morue*]

This *brandade* of cod is not to be mistaken for the ordinary creamed fish of the hotel menu. It is quite different indeed and is most palatable. Being very rich and highly seasoned, it makes a snappy chafing dish specialty and may also well be served on small rounds of toast as a hot hors d'œuvre. Proceed as follows, the quantities varying, of course, to suit the occasion:

A pound of flaked salt cod is freshened a day or a

night in milk and water, then drained and dried and beaten up vigorously with olive oil, a third of a cup in all, but added by degrees, and the same amount or maybe a little more of rich cream. The oil and the cream may be added in alternate spoonfuls and the beating must be done thoroughly with a wooden spoon (*"la travaillant fortement avec une cuiller de bois"*). Next a teaspoonful of finely grated lemon rind is incorporated and a tablespoonful of the lemon's juice, this latter added slowly (*"goutte à goutte"*).

All the ingredients should be at the same temperature, hot but not boiling and the mixture should be a smooth creamy mass; care being taken that the oil and cream do not separate.

And for seasoning: a pinch of black pepper, a dash of nutmeg, a pit of garlic mashed up with a teaspoonful of anchovy paste (2 teaspoonfuls of onion juice may be substituted for the garlic by the timid), a teaspoonful of finely chopped parsley and 2 or 3 tablespoonfuls of truffles, also chopped up minutely. No salt is necessary, and all this served hot, on toast. But, says "Une Réunion de Professionnels" in *La Cuisine Moderne*, *"Une chose important à observer, c'est que la morue ne doit pas bouillir, quoique tenu bien chaude, et qu'elle doit être travaillée à la cuiller, fortement, et en tournant toujours dans le même sens."*

SMOKED FISH

Of the smoked fish, Finnan Haddie (haddock) is most used for cooking, while smoked salmon (fumé) sliced thin makes an admirable appetizer and thirst producer. Finnan Haddie may be treated as salt fish or it may be flaked and cooked in cream or with scrambled

eggs. It needs no seasoning and is a fine morning dish to soothe a battle torn stomach. With scrambled eggs and a bit of chopped parsley it makes a worthy luncheon.

Smoked herring or bloaters are notable breakfast food. They may be freshened by placing in boiling water for

Smoked salmon . . . makes an admirable . . . thirst producer.

ten or a dozen minutes, and they need no seasoning and little garnishment. For breakfast on the high seas nothing can equal a Yarmouth bloater and a bottle of Bass's Ale. A Kippered herring might do as a substitute. While this combination may not be a cure, it certainly is an obstacle to seasickness since no person addicted to *mal de mer* could contemplate such a breakfast.

FISH BALLS

Flaked salt cod with twice its amount of mashed potato, some butter and an egg to bind it, makes the famous New England fish ball. These should be fried

in deep oil but may be pan fried in butter. As in most cases, a dash of chopped parsley may be incorporated. Pepper is allowable but no salt.

PLANKED SHAD

Medium sized fish, especially shad, are frequently cooked on oak planks and the aroma of the heated wood is reminiscent of the great forests where men are men and fish are just fish. The plank should be well "cooked," that is rubbed with olive oil and heated several times before being used for fish. It is never washed after use but cleansed by scraping, and if there be suspicion, it may be sterilized in the oven just before a new encounter. The fish is split and the back-bone removed, and as many other bones as possible, depending upon the patience and skill of the operator.

The plank is olive-oiled and then heated in the oven. The fish is placed upon the plank, wide open with skin side down. After about twenty minutes in a moderate oven (375° F.) sprinkle the fish with salt and pepper (both kinds) and baste with melted butter and return till done. The time depends upon the size of the fish and the heat of the oven. About thirty minutes should do the entire trick but it is well not to force the oven. If too hot the plank may catch fire which, while making the service more spectacular, makes it at the same time more difficult. The planks may be garnished with parsley and lemon baskets. Mashed potato rings are hardly worth the trouble.

ROE

Shad roe is best pan fried (sauté) in an excess of butter. They should cook slowly and be turned once. Red pepper is their best condiment.

SARDINES AND WHITE BAIT

Sardines may be broiled, or sauté in their own oil. Those with skins are preferable.

White bait are dredged with flour by shaking in a sieve and then fried in hot oil (400° F.). They only need a minute or less, and they should be kept hot under napkins until served. Oyster crabs are often cooked with them. They are seasoned with a sprinkling of salt and pepper, and lemon juice is sufficient "sauce" though sauce tartar is usually served with white bait and oyster crabs.

Chapter VIII

Neither Fish Nor Fowl

On Turtles, Tripe & Terrapin; Snails & Whales;
Calves' Heads, Frogs' Legs & Alligator Tails;
Chop Suey, Chow Mein & Foreign Dishes

TURTLES

Probably all turtles are edible but the smaller ones are not worth while bothering with. All are cooked in the same manner as is terrapin; that is, boiled, the shells separated, the meat extracted and cooked in sweet butter with the addition of Sherry or Madeira wine and a little lemon juice.

TRIPE

Tripe is the lining of a steer's stomach or maybe sometimes some other animal's. On the table its source cannot be identified. The tripe to use is the honeycomb variety. It is boiled slowly (simmered) three or four hours and then may be cooked in a casserole with tomatoes, onions and grated cheese. It's about the consistency of a white rubber apron, and it is also used in

soup, especially in Philadelphia where it is a component part of pepper pot, for what reason no one knows.

Tripe à la mode de Caen is tripe steamed with cider, pigs' feet, vegetables and seasoning.

TERRAPIN

Terrapin may be prepared in the home but it is a nuisance, and if any one is fond of such animals, it's heart-rending to plunge an inoffensive and perhaps affectionate turtle into boiling water.

The Diamond Back is the best of all terrapin, and it's always on the menu even if it isn't in the stew pot. Juniata yellow legs, sliders, large painted turtles and red leg wood terrapin are all used and useful. Practically all the diamond back terrapin come from the Chesapeake Bay and other waters in Virginia and North and South Carolina. It has been cultivated with some success. It is very expensive, costing in the market from forty to sixty dollars a dozen; for this reason substitution is common either by lesser turtles or by meat of other animals. Rumor has it that a Princeton professor, whose subject was comparative osteology, once found a rodent's bone in his plate of terrapin in one of New York's most noted restaurants; this probably indicated musk-rat, not the familiar and despised household rodent. The finding of birdshot in the dish might cause some suspicion also. A good sized diamond back terrapin is about seven and a half inches long. The carapace is rounded, grayish or olive color, the plastron a dirty yellow, with rows of black dots; the skin on the head, neck and legs a grayish background with

black dots all over it. If it cannot be identified, ask the price, that will fix it.

TO PREPARE TERRAPIN

The actual cooking of terrapin is very simple for this king of dishes, but as noted above, it is a nuisance to get the meat out of the shells and so it is easier and just as satisfactory to buy the cooked meat *en gelée*, provided, of course, one has confidence in the source of supply.

The very best cooked diamond back terrapin comes from club kitchens such as the Brook Club in New York City, the Maryland Club in Baltimore and the Metropolitan Club in Washington. There may be other kitchens which do as well but we haven't found them. The terrapin is prepared about the same in each place, generally as follows:

Scald terrapin in boiling water 5 minutes. Remove all skin with rough towel. Clip off claws. See that shell is well cleaned.

Simmer with just enough water to cover for 1¼ to 2 hours.

Break shells apart. Remove meat and liver (cut this in slices carefully discarding gall bladder). Discard intestines.

Reduce water in which terrapin was boiled to a strong jelly and put just enough on terrapin to cover it. Melt with it sweet (unsalted) butter in proportion of ¾ to 1 pound to the quart of terrapin. The terrapin may be preserved at this stage in sterilized glass jars. When ready to serve, season with salt and cayenne pepper and sherry, if the latter flavor be desired. The eggs, if any, may be added.

STEWED SNAPPER. (ADOLPH KIRCHER, CHEF RACQUET CLUB, PHILADELPHIA.)

Put snapper after it has been killed into boiling water for a few minutes. Remove skin. Boil for 1½ to 2 hours, or until tender. Cut meat into small pieces. Make cream sauce with plenty of butter and hard boiled egg yolk. Heat, add sherry to taste and put in pieces of snapper. Salt and pepper *q.s.*

SNAILS

Snails are rarely used in the United States and those that are, are usually prepared at the delicatessen store. That is, they have been boiled, mixed with butter, parsley, chervil, shallots and bread crumbs moistened with white wine, then put back into their shells and sealed with sweet butter. They are then baked or heated in the oven, open side up, for five minutes and served with a kind of spooned pincers with which one is supposed to hold the shell while the snail is being extracted. The idea seems all right but it doesn't work; an asbestos glove for the left hand would be better.

WHALES

Whale steaks are sometimes found in Boston fish markets, and may be cooked like a turtle or a reindeer steak, one hardly cares which, for one so seldom has to eat a whale.

CALF'S HEAD

The meat from a calf's head can be boiled or braised. The meat is seared first (sauté) in hot oil—butter and oil mixture—with perhaps an onion to flavor, then sim-

mered for 1¾ or 2 hours. To the water for simmering may be added ½ cup of vinegar, cubed carrot, bay leaf and cloves. The cooked meat is served with a brown sauce or brown sauce with cut up mushrooms, or sliced olives or a tomato sauce.

CALVES' BRAINS

Calves' brains, if they have any, are cooked by boiling the same as the meat from the outside of the head, except that the brains only require about 20 minutes to cook. They may be served with any sauce but usually with black butter (*beurre noir*), a good deal of black pepper, and a touch of vinegar—tarragon or garlic flavored. Lambs' and sheep's brains may be cooked the same way.

FROGS' LEGS

Frogs' legs should be skinned, rinsed in highly salted water, marinated half an hour and either breaded and fried in deep oil or sauté in butter or butter and oil mixture. To the oil and butter may be added onion, garlic and a dash of tarragon vinegar (à la Provence).

ALLIGATOR TAILS

First catch your alligator, and for obvious reasons pick out a small one. About three and a half to four feet in length is a proper size, if any size is proper for culinary purposes. Cut off the tail, or if you haven't previously shot the 'gator, get some one else to cut the tail off. Skin it (the tail), cut in cross sections between the vertebræ, marinate for half an hour and broil, five minutes or so to each side. Baste with butter and oil

or bacon drippings and serve with maître d'hôtel butter. Don't tell the guests what they are eating until after they have finished.

CHOP SUEY

Chop suey is found in all Chinese-American restaurants but rarely, if ever, in China. The origin of this dish and the reason why these restaurants are always on the second floor are matters which may be left to the Oriental student. Chop suey is a chicken or veal hash to which are added bean sprouts, Chinese soy and Chinese brown sauce. These articles may be purchased in cans or bottles (put up, for instance, by La Choy Food Products Co. of Detroit).

CHOW MEIN

Chow mein is a dish of fried (sauté) Chinese noodles with chop suey resting on top.

Chop suey is made by pan frying (sauté), cut up cooked chicken or veal or fish, say 3 cupfuls, in butter and oil until brown, add 1 cupful of sliced onions, cut up celery, 2 or 3 cupfuls and same amount of water, simmer about 25 minutes or until celery is soft, add cut up tomato and 3 cupfuls bean sprouts and simmer 3 to 5 minutes more.

Thicken 4 tablespoonfuls Chinese soy sauce and 1 teaspoonful Chinese brown sauce with tablespoonful of cornstarch or flour and add to the mixture. Mix and cook until it begins to thicken. Cut up mushrooms fried in butter may be added and the finished chop suey served in a rice ring or in patty cases, timbals, or croustades, or on noodles (chow mein).

FOREIGN DISHES

Neither time nor space allows us to discuss all, or even a few dishes which are indigenous to foreign countries or even to sections of our own country. "Southern cooking," creole dishes, gumbos, and the like, are much advertised by writers in the magazine sections of our Sunday newspapers. These dishes, or rather the stories about them, have a romantic tinge and usually an admixture of negro dialect. It is difficult to obtain exact receipts as the formulæ are invariably transmitted by word of mouth, from some "ol' Southern mammy" who couldn't cook without the red bandana, or some "faithful old black man" who must, by all the rules of the game, be old, faithful and have gray wool, also, of course, a former slave. There are no young cooks in the South (in magazine sections, at least), and in the background must be the strumming of a banjo and pickaninnies playin' round. These Southern dishes are savory and the stories about them most appetizing, and the principal ingredients are lard, onions, colored folk and sentiment. A few general definitions are here recorded—the advanced student may then pursue the subject on the "ol' plantation," since everybody south of the Mason and Dixon Line lives on a plantation.

CREOLE COOKERY

"Creole" in cooking has nothing to do with mixed racial origin but connotes the use of peppers, both green and red, onions and garlic, and undoubtedly is a direct descendant of the "Spanish" in Spanish omelet.

GUMBO

Gumbo is a soup with okra in it and usually pork flavoring. May be a vegetable, chicken, beef, oyster, shrimp or crab soup, and some receipts forget the okra, but this would be like "Antony and Cleopatra" without Cleopatra.

JAM BALAYA

A stew cooked to dryness which may contain any kind of meat, fish, fowl or crustacea. Usually has in it ham, rice (*not* previously boiled), tomatoes and the omnipresent onion. This dish resembles most distinctly the *Arroz à la Valenciana* (Paella) of Spain or Cuba.

COUS-COUS

Cous-cous is an Arabian "paella"; it's everything you've got cooked with cracked wheat instead of rice.

DAUBE

A daube is a piece of beef slowly stewed with a lot of garlic, pork fat, pepper, cloves and other spices, and flavored with caramel and cheese.

SPOON BREAD

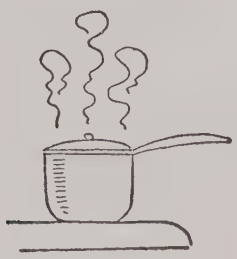
Spoon bread is a combination of corn meal, shortening, milk, eggs, salt, sugar and baking powder, and is served from the dish in which it is baked—possibly with a spoon.

BEATEN BISCUITS

These are biscuits horribly beaten before they are cooked and may be used as golf balls afterward.

Other Southern specialties are innumerable. For a description of some, such as Rice Cakes or "Bel Calas," a rice friture and Pain perdu, a sugared and brandied fried bread, see Miss Buckler's interesting article in the magazine section of *The Herald Tribune* of New York City, May 25, 1930. The Sunday edition of this paper always has good articles on cookery. In fact, on March 16, 1924, Miss Wolf tells about famous Hindu dishes —"*Kalook Ranji*," "*Murghi Sindh*" and what not, but then who cares except another Hindu?

From Mexico comes *chili con carne* and hot tamales, from Japan many rice dishes and canned crab meat, and India supplies curry powder, passive resistance and chutney, but then all these foreign dishes had better be left to another volume, this book is getting too long anyway.



Chapter IX

On Eggs

Eggs & Cheese, Welsh Rabbits, Etc.

EGGS

EGGS FOR BREAKFAST

For breakfast eggs are usually boiled, poached, fried, scrambled, baked (shirred) or cooked as an omelet, plain or with any variety of additions.

For luncheon they are served in any way except boiled. Hard boiled eggs are principally used for garnishment but may be eaten "as is" at picnics or over the bar.

BOILED EGGS

Eggs are either boiled by putting them in boiling water for 3 or 4 minutes or by putting them in cold water and then on the stove. As soon as the water begins to boil they are removed. This method is said to cook them more evenly. It usually cooks them too much. Hard boiled eggs are cooked at least ten minutes and then plunged into cold water, which makes it easier to remove the shells.

POACHED EGGS

Poached eggs "are eggs dropped into boiling water and then simmered until done." The water may be salted or may contain vinegar, especially if the eggs are

not as young as they once were. They will be neater if cooked in rings. To poach an egg after the French manner (spherical) make a vortex in rapidly boiling salted and acidulated water in a deep pot and drop the egg gently into the centre. Poached eggs are generally served on rounds of toast and garnished in many ways. They may be served on any kind of hash; corned beef, chicken, ham, etc.

FRIED EGGS

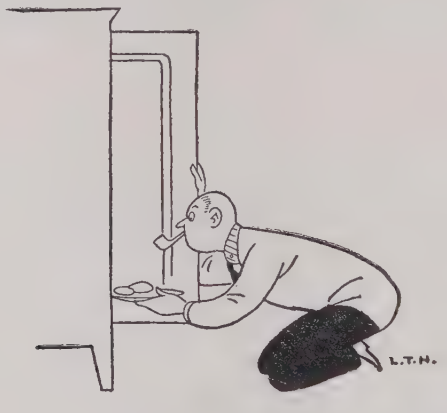
Eggs are fried or sauté in any kind of oil. Bacon drippings or butter or a mixture of both are generally used. In the great American dish, "ham and," the eggs may be fried on a piece of ham—country style, or placed thereon after being fried apart. If fried in bacon fat, the bacon drained and crisp is usually served with them. Some folks like the eggs turned once and fried on both sides, others prefer them "sunny side up" or with the yolk looking heavenward.

SCRAMBLED EGGS

Scrambling is perhaps the best way to cook eggs, because with scrambled eggs, almost any kind of previously cooked food may be added and then the dish may be divided by the server in proportion to the supply and demand. To cook, place a fair sized piece of butter in the chafing dish (about a level teaspoonful to an egg), when it melts add the eggs, not beaten. Cook slowly, continually stirring from the bottom of pan with a fork. Add whatever admixture is to be used and serve when the eggs are still moist. If cooked until dry they will have lost much of their taste. Season plentifully with salt and black pepper.

ADMIXTURE FOR SCRAMBLED EGGS

Almost any kind of previously cooked food, meat or vegetables, goes well with scrambled eggs. Some food, onions for example, may be fried in the butter before the eggs are added. Chopped ham, or bacon or smoked



. . . the ice box may provide unexpected leftovers.

fish or fish roe or boiled fish or crab meat, shrimps, or sausage are all excellent with such eggs. Finnan haddie is especially to be recommended. Such things as kidneys or tripe or liver, especially chicken liver, can be used, or the ice box may provide unexpected leftovers. Chopped parsley, fine herbs, onions, mushrooms, asparagus tips, cubed boiled potatoes, tomatoes, peppers or anything which would be appropriate for an omelet could well be used, remembering that many times that which the cook is about to call an omelet turns out to be scrambled eggs. Grated cheese may be added alone or with the other additions.

BAKED OR SHIRRED EGGS

One or two eggs are placed in a small dish and are cooked or "set" either on the stove or in the oven. They are served in the dishes in which they are cooked, and it is the methods of garnishment and additions which give shirred eggs names, the number of which is legion and which in many cases are designated as a "*Spécialité de la maison.*"

OMELET OR OMELETTE

To make a good omelet is considered by many as the supreme test of a cook's skill. It isn't really, as there are other things more difficult, but a successful omelet is no mean accomplishment. This, of course, refers to the French type of omelet, a real omelette, not one of those things cooked in a bivalve pan with the whites of the eggs beaten stiff and the finished article dry as chalk. Like scrambled eggs, an omelet should be juicy when served. The eggs should be well beaten up and a teaspoonful or so of thick cream may be incorporated for each egg used, and any one who tries to use more than six eggs at once is either a good cook or has a lot of nerve. The Poulard sixteen egg omelette of Mont St. Michel is a tradition worthy of record, but the amateur had best let it go at that.

TO MAKE AN OMELET

Melt a fairly large piece of butter in the omelet pan —a frying pan with rounded edges and used for nothing else—over a hot fire. Pour in the eggs well beaten with the cream and salt and pepper. Stir well until the eggs begin to "set," stop stirring for three or four seconds, then fold with spoon or spatula beginning at

proximal side of pan. Then fold the outer side over the rest, then turn over onto the waiting hot dish. The pan is held in the right hand, the dish in the left or any way that practice dictates, and if the omelet doesn't break ring out the bells and apply for a *cordon bleu.*

Any particles of food that go well with scrambled eggs may be folded within an omelet, and if the omelet is to be sweetened, i. e., dusted with sugar and used for a dessert, jam or any confiture may be similarly used.

OMELET AUX CONFITURES

Any jam may be used with a sweet omelet but "The Diner Out" (Mr. E. A. Manning Foster) is quite right when he says the greatest of these is apricot. Peach jam is a close second, or raw peaches dusted with sugar may be used. Sometimes currant jelly is found both inside and on top of the omelet and powdered sugar always on the lid.

RUM OMELET

A plain omelet may be sprinkled with sugar, then as it is about to be served a dash of rum is poured over it and touched off with a match. Jamaica rum is best, and it is just as well to add some grain alcohol (*not* denatured) to insure a proper fire. Any jam omelet may be so treated.

HARD BOILED EGGS

Hard cooked eggs are usually sliced or quartered and used as garnishment. They may, however, be dressed on toast, grated or sliced, covered with sauce (white, Mornay, etc.), and served as an entrée or luncheon dish. Whole hard boiled eggs are picnic food.

EGG VARIATIONS

Some hotels and clubs feature many styles of preparing and presenting eggs, and there is no limit to the different methods. The Hotel Seminole of Jacksonville, Fla., gives a list of forty-two varieties; the Baltimore Club modestly mentions only twenty styles. To include only a few here should suffice, and for further information the research student is referred to such books as *Eggs in a Thousand Ways* by Adolphe Meyer of the Union and Knickerbocker clubs of New York City.

A FEW SAMPLES

A few varieties are cited but it must be remembered that names are not constant.

EGGS BENEDICT

On a toasted half muffin place a piece of broiled ham cut to measure (may be Virginia ham), then a poached egg and Hollandaise sauce over all.

EGGS BENEDICTINE

On a piece of buttered toast (if one is to believe Mr. S. S. Van Dine) or in a puff paste crust (if Mr. Adolphe Meyer, he of the thousand eggs, is to be followed) put some shredded or fluffed codfish heated in cream. Then a poached egg to fit, and over the top a cream sauce with or without cut up truffles.

EGGS BOHEMIENNE

Eggs poached on toast with cream sauce. Any sauce may be used and any name applied.

EGGS BOMBAY

Poached eggs on buttered boiled rice with curry sauce.

CURRIED EGGS

Hard boiled eggs cut in quarters on a boiled rice bed with curry sauce.

EGGS GEORGEANNA

Poached eggs on buttered toast with chopped mushrooms on the toast, masked with chopped mushrooms in a cream sauce.

EGGS GUN CLUB

A poached egg sitting on a fried potato cake, masked with sauce Mornay. If a potato cake isn't handy let the egg sit on its own bottom and call it "Egg Mornay."

EGGS MARCUS

On a round flat fried codfish cake place a poached egg with melted butter and paprika sauce.

EGGS MEYERBEER

Shirred eggs with kidneys and truffle sauce.

EGGS OPERA

Shirred eggs with chicken livers, asparagus tips and brown sauce.

SHIRRED EGGS

Shirred eggs may be served with almost any cut up meat or vegetables, *paté de fois gras* or any things that would go with scrambled eggs or an omelet.

CHEESE

In serving cheese by itself, usually with toasted crackers, the difficulty lies not in getting any kind of cheese wanted but in getting it in the proper condition. No recommendations can be made as to the kind of cheese because its condition is of more importance than its name—a properly aged and kept American Dairy ("rat trap," "free lunch") cheese is better than a Roquefort, Camembert, Gorgonzola or Stilton—or any other cheese which is not in the proper condition, and well conditioned cheese is rarely met with.

GRATED CHEESE

Finely grated cheese is used for flavoring soups, vegetables, Italian pastes and any number of dishes. Parmesan and other varieties may be bought in bottles or packages, but it is much more economical and makes for better cooking to grate it as needed. It is not dried out and its aroma is still all with it. A rotary grater is inexpensive and works rapidly, and can be used for making bread crumbs and other gratings. Imported bottled grated Parmesan cheese costs three or four dollars a pound, if bought in small bottles, whereas Roman or Parmesan cheese bought around the corner at the Italian grocery store retails at from eighty to ninety cents a pound, and a pound goes a surprisingly long way. Any kind of hard cheese may be used for grating but the more highly flavored Italian cheeses, principally Parmesan and Roman, are more usually adapted for this purpose.

American cheddar, Swiss and Gruyère (French-

Swiss) are used and—useful. In Italy it would be hard to find a dish which wasn't flavored with cheese, whereas in this country its use is comparatively rare, though fortunately becoming more popular, since there is no better concentrated food.

COTTAGE CHEESE

Cottage cheese which is merely the curd of sour milk, may be bought in a delicatessen store or made at home. The sour milk is hung up in a cheese cloth bag of double thickness until the whey or liquid has drained off. A little salt and perhaps a pinch of cayenne pepper is added, and then to make *Smearcase* (*Schmierkäse*), the delight of the Pennsylvania Dutchman, thick cream is mixed with the cottage cheese. *Smearcase* spread on rye bread or pumpernickel with granulated sugar or jam or bar le duc conserves, makes a wonderful sandwich in Pennsylvania or any other state.

In Southern Italy and the adjacent islands, soft cheese is mixed in soup (Minestrone à la Sardinia) instead of the grated hard cheese.

CLUB CHEESE

Any of the soft or semi-soft (Roquefort, Gorgonzola, etc.) cheeses may be mixed up with butter, egg, pepper, chives or other materials to make a composition which is called "club cheese." The Manhattan Club in New York City and several delicatessen stores (Vendome, *et al.*) make a specialty of this kind of cheese, and each place has its own formula. These specialties are put up in attractive earthenware pots, and in some cases brandy or sherry or port wine is used as flavoring.

CHEESE BALLS

Cream cheese rolled into balls and dusted with paprika is frequently used with salad, and grated cheese made into balls with salt, pepper, eggs and bread crumbs may be fried (deep or shallow) and eaten as is, or added to soup.

FONDU

A fondu is a mixture of grated cheese cooked up with eggs, butter and seasoning and spread on toast. It may be made with bread crumbs which makes it less rich (this preparation is called "English Monkey" or "scalloped cheese"). A rich fondu would have 6 or more eggs to a cup of grated Swiss or other kind of cheese. One could hardly say whether it was scrambled eggs with cheese or cheese with scrambled eggs, but then who gives a damn?

WELSH RABBIT

Welsh rabbit, frequently and erroneously called by the *nouveaux riches* or *vieux pauvres* "Welsh rare-bit," is merely melted cheese on toast or crackers. Welsh rabbit and lobster à la Newburg are the pre-eminent specialties for the chafing dish; in fact it is these delectable foods which have given this cooking instrument its high place in the home. To cook a Newburg one follows certain rules and admits them. The cooker of a Welsh rabbit knows no conventions, spurns traditions and is fired with individualism. This often spoils the rabbit but opens up unlimited opportunities for wrangling and argument. It's hardly worth while sub-

mitting a receipt as each cook knows that his or her way is the best, but just to keep the record straight, here's how the Gun Club does it.

Put enough beer in the dish to cover the bottom. If you can't get beer, use near beer and write to your Congressman. Add chopped up or grated snappy American cheddar ("rat trap") cheese, and to each pound, a pat of butter. Stir off and on, mostly on. More beer if necessary, that is, just enough to keep it from sticking to the bottom of the pan. When the cheese is melted and smooth add beaten eggs and the condiments. One egg will do for 1 or 1½ pounds of cheese, and the condiments should be coarsely and freshly ground, black pepper, dry mustard and Worcestershire sauce.

No salt is necessary, but a dash of cayenne pepper is never amiss. Welsh rabbits will stand a lot of seasoning as they are usually eaten at late hours when the appetite needs touching up. A quarter of a teaspoonful black pepper, a pinch of red, and a teaspoonful each of mustard and Worcestershire sauce to the pound of cheese can easily be assimilated. After the egg is applied the rabbit must be constantly stirred until done, which will be in about 3 minutes. For large parties it is better to keep two or three dishes going rather than try to do the whole business in one large receptacle. This is not difficult if all the supplies are ready to the hand and divided into as many parts as there are chafing dishes to be used. One pound of cheese will make six goodly portions, eight less goodly ones. The rabbit may be spread on toast or crackers, it matters little which, and of course draught beer or ale are the classic and proper accompanists. High balls or cocktails are not so

good, and the use of gin in such connection is to be deplored, but then one can but do his best.

GOLDEN BUCK

A Welsh rabbit with a poached egg reposing on top is called a "Golden Buck," and where the toast is spread with anchovy paste, it answers to the name of "Scotch Woodcock." However, a good Rabbit is sufficient unto itself.

Chapter X

Entrées & Luncheon Dishes

An entrée, which is the dish served between the fish and the roast at dinner, may comprise the main course at luncheon. Eggs in various styles other than boiled, while not generally used at dinner except to garnish salad or as a dessert omelet, are as often as not used for lunch.

An entrée may be a vegetable dish or a composition of almost anything. In France quite often a simple vegetable (peas, haricots verts, artichokes, asparagus, etc.) served by itself. A typical vegetable entrée would be braised celery or a stuffed tomato, and any kind of fish, crustaces, or meat may be used, usually reheated and served in a patty cup with thick sauce. Lobster, crab and shrimp à la Newburg are acceptable entrées and may be served on toast or in patty shells or croustades (bread boxes). Sweetbreads, fried or braised, make a popular entrée, at dinner, and are much used at luncheon, especially by the ladies. The following are fair samples of vegetable and animal entrées.

BRAISED CELERY

Boil stalks of celery 10 minutes. Drain and braise for an hour in white or brown stock to which the addition of onions and carrots is optional. Serve with brown sauce.

BRAISED SWEETBREADS

Sweetbreads are blanched in boiling water and cooked in the same manner as braised celery except that finely chopped parsley should be added.

FRIED SWEETBREADS

Fried sweetbreads are parboiled, breaded and fried in deep oil. They are usually served with white sauce and green peas. Sweetbreads are sometimes boiled, cut up, and served in patty shells with white sauce. This dish forms the same type of food as creamed oysters and has nothing to recommend it.

To recapitulate, an entrée should be a fairly small portion of highly seasoned food and should form some contrast to the main course. That is, meat shouldn't appear in the entrée if the roast is to be beef. Fish, or the crustacea may precede any beef or fowl, and vegetables are always in order but should also be used in contrast. It would hardly do to serve peas with the entrée and stringbeans with the roast, and asparagus and spinach should not appear at the same meal. Many think spinach shouldn't appear at all.

Entrées, then, may be re-made dishes in patty cups or on toast, Newburgs, croquettes or cutlets (if there be any difference) with or without white sauce. Ragoûts, goulashes, mousses, vol-au-vents (all of which are fancy names for hash) in pastry cups.

Braised meats or vegetables or vegetables boiled and with sauce (white, Hollandaise, etc.) or mushrooms *sous cloche* or under glass, are excellent and rather dis-

tingué for entrées or luncheon. Ham or tongue in different forms and, in summer, any aspic jellied dish, may be effectively used.

Possibly to conserve silver or for some other reason entrées are usually served with the fork alone.

LUNCHEON DISHES

As mentioned above, any dish suitable for an entrée may be served as the main course at luncheon, and also

Many think spinach shouldn't be served at all.

eggs in "a thousand ways" or nine hundred and ninety-nine, since boiled eggs almost never appear at luncheon.

COULIBIAC DE POISSON

This is a fish entrée or luncheon dish in which pieces of boiled fish, onions, mushrooms, and hard boiled eggs are mingled in sauce Bercy and baked in a croustade of either bread or pan cakes. It is quite a dish for the advanced class, and the subjoined recipe is the way the chef at Hotel Meurice makes it.

COULIBIAC DE POISSON

"Faites cuire votre poisson avec beaucoup d'oignons hachés. Beurre, un bon verre de vin blanc, des champignons émincés, fines herbes, un peu de glace de poisson, le tout fortement assaisonné.

"D'autre part, faites cuire du riz mélangé avec du vésiga haché et lié d'un peu de velouté de soles épais; puis émincez une douzaine d'œufs durs. Laissez ces trois préparations refroidir et faites un pâté par couches: poisson, riz et œufs entouré de crêpes, recouvert de pâté à brioche, forme rectangulaire. Cuire à feu modre pendant 1½ h. environ, et servir avec une sauce Château très fine (fines herbes-poisson) (Sauce Bercy)."

The beginner may find it easier to bake this mixture in a hollowed out loaf of bread rather than use the pancakes which are not easy to handle. A couple of egg (raw) yolks added to the sauce will act as a binder and make slicing and serving easier. Pieces of lobster, crab meat or shrimp may be incorporated.

Chapter XI

On Vegetables

Vegetables are of infinite variety and may be anything from the flower to the root of a plant. They are cooked by any method, though boiling and stewing are the two most used procedures. In France vegetables are generally stewed, while in England they are usually boiled in an excess of water, a large part of which is served with them. In the United States they are just "cooked," with little regard for their appearance or use.

Canned vegetables are not to be despised since they are, as a rule, well prepared and a good canned product is better than a poorly cooked fresh article.

Almost all vegetables, with the possible exception of potatoes, can be cooked in a steamer. This is an excellent method and is becoming more popular, since steaming preserves the mineral salt and "vitamins" and we are becoming more vitamin minded every day in every way. However, the average person continually eats entirely too much food and will, by any method of cooking, get quite enough vitamins, calories and such. Worrying about food in its vitaminic aspect is apt to impair the digestion.

Vegetables are generally steamed or boiled and then well drained and heated up with butter and seasoning or stewed (braised or fricasseed) with various sauces.

Savages and over-civilized people eat vegetables raw. This may be all right with lettuce and tomatoes but as for turnips, potatoes and other vegetables, we will neither recommend the practice nor condemn it; let each one experiment for himself.

Steaming is done either in a "steamer" or by putting a small amount of water in the pot with the vegetables, closing the lid and allowing the water to boil for the requisite period. The vegetables have more taste when prepared this way but care must be taken lest the water boil away too quickly. Potatoes do not readily respond to steaming.

Boiling is usually done with an excess of water; soda or a fairly large amount of salt added, which tends to preserve the color in green vegetables. With starchy food (rice, macaroni, etc.) the water should be in a constant state of turmoil so that the articles being boiled will not stick together.

The time required for boiling or steaming vegetables varies with their age, size, and general make-up. Very new and fresh corn may be cooked in less than 10 minutes, whereas the older article may require ¾ of an hour. Beets vary from the small baby ones which may be done in 20 minutes to the old battle scarred veterans which, if they cook at all, may take 5 or 6 hours. Asparagus young, from 20 to 30 minutes, old, twice as long. Stringed or stringless beans, 1 to 2 hours and shelled beans, previously soaked, somewhat longer. Lima beans, the very young and small, some 20 minutes, the older proportionately longer. Potatoes require about ½ hour to "upset" the starch, new or so-called Bermuda potatoes about half time. Potatoes and other vegetables may be fried, baked, or roasted (with joints)

and the delicate vegetables like tomatoes or mushrooms may be pan fried or stewed without previous boiling. It will be enough to mention several vegetables and allow others to be done inferentially by comparison, for instance, a dasheen would seem to require the same treatment as a potato though much more rarely encountered. The Philadelphia Market in Washington sells dasheens to anybody who knows what they are or has the temerity to take a chance.

SOME VEGETABLES

ARTICHOKE

Remove hard outer leaves, trim off top, boil or steam, remove centre decoration or "choke" and serve one artichoke to a cover with plenty of Hollandaise sauce. The sauce is the thing and is scooped up by hand using the artichoke leaf as a ladle. The whole leaf is not swallowed, at least not more than once. It should be returned to the plate and not used again, except in emergency. Jerusalem artichokes are quite different and are cooked and eaten like potatoes.

ASPARAGUS

When newly in season asparagus is very tender and much appreciated. It is generally served whole (about 5 portions to a commercial bunch) with the sauce on it or served with it. Asparagus may be eaten with the fingers—an unpleasant sight—or the green ends removed with a fork. Before cooking the bunches are kept standing in water. Asparagus may be boiled in a boiler with a tray, like that used for fish or it may be steamed by standing the tied bunches in a deep container

with the water up to their necks. The lid of the can is put on and the asparagus steamed for about ½ hour. The appropriate sauces are drawn butter, white sauce and Hollandaise for hot asparagus, and mayonnaise, French dressing or vinaigrette for the cold article. The

Asparagus may be eaten with the fingers.

tips of asparagus may be served by themselves or with other made dishes or with eggs (scrambled, shirred or omelet).

Canned asparagus is almost always served on lettuce at Rotary luncheons and is called, on the menu, "Asparagus salad." There is probably a large market for canned asparagus, but why?

BEANS, STRINGED OR STRINGLESS

Nature is beginning to remove the strings from string beans, otherwise the cook must do it. Boil or steam from ½ to 1 hour. Drain and heat up with butter,

seasoning and a dash of lemon juice. Unless very young, the beans, after the strings are removed, should be cut lengthwise and then in short pieces, before cooking.

LIMA BEANS

To be boiled or steamed, as with string beans, sometimes a little chopped parsley added or a piece of mint with the butter or the beans may be creamed or served with white sauce or even tomato sauce.

BAKED BEANS

Baked beans, or the beans which put Boston on the map, are soaked over night, then boiled slowly for about 1 hour, to soften the skins. Now the deep earthenware bean pot is filled and molasses and salt mixed in and on top a piece of fat pork. The pot is filled with boiling water and the lid shut down. All day long simmer the "pork and beans," a dozen hours if any one will stick around long enough and add hot water when needed. When the last hour is within sight, let the water lower itself a bit, sprinkle a little brown sugar on top and let it brown. This is the way it is supposed to be done in Boston; elsewhere the beans come in cans from Camden or one of the 57 varieties or from any bean cannery.

This saves time and fuel and with a little extra-curriculum treatment the beans are just as good as Boston's best. The Gun Club fills an earthenware casserole with the canned beans (with or without tomato sauce), then adds brown sugar rubbed up with a little butter and mixes well. Heat and brown in the oven about 20 minutes. A fine dish for a buffet, or any other luncheon, on a cold day.

BEETS

Beets are boiled, the time varying with their size and age, as noted above. They are sliced if large; little ones may be served whole—buttered and seasoned.

THE CABBAGE FAMILY

Cabbage, cauliflower and Broussels sprouts may be boiled, from 10 minutes in the case of tender sprouts to 3 hours for tough cabbage, and then served with butter or various sauces. Brussels sprouts with a butter or a white sauce, cabbage plain with corned beef or shredded and cooked in butter and seasoning, and cauliflower either with white or butter sauce or *au gratin* with or without cheese (better with).

SAUER-KRAUT

Sauer-kraut is pickled shredded cabbage. It comes canned or can be bought at the delicatessen store. It should be simmered for 1½ hours. The juice is a great bracer the morning after.

RED CABBAGE, À LA SARAH

1 medium-sized head of red cabbage, cut fine
4 apples, pared and diced
¼ cup of vinegar
¼ cup granulated or brown sugar
1¼ teaspoonfuls of salt
½ cup grape juice or jelly
2 tablespoonfuls butter

Simmer for 2 hours. Thicken, if required, with 1 teaspoonful of flour mixed with cold water.

CARROTS

Carrots are cooked like beets. Young ones, 15 minutes, old ones 1 hour, and served with butter or white sauce. They are also most useful in making soup and their cheerful color adds a light touch to many dishes.

CELERY

Celery is an ever-present help in salad, soup and stuffings, and cold and crisp and raw, it ushers in many a meal. Celery makes an excellent dish when cooked, either creamed or braised. In fact, it has a fine flavor by any method and is a credit to its race. (For braised method, *vide* under Entrées.)

CREAMED CELERY

Cut celery in 2-inch lengths and boil in salted water until tender, about 25 minutes. Drain until quite dry. Mix with hot white sauce and serve immediately.

To make white sauce for 3 cupfuls of boiled celery, melt ⅛ lb. butter in double boiler, add 2 tablespoonfuls flour, blend until smooth, add 3 cupfuls rich milk, mix well and cook until reasonably thick. Season with salt and pepper.

CELERY À LA SHELBOURNE

Cook celery in the whole stalk in chicken broth (25 minutes) and allow it to cool in the stock. Squeeze celery gently in the hands until it no longer drips. Place in the ice box.

When cold and ready to serve, place some chopped lettuce, *en julienne*, on plate. Lay celery on top of this. Grind a little black pepper over same. Garnish with anchovies and serve with a little French dressing made with Tarragon vinegar.

BROCOLI

Brocoli is a member of the cauliflower family. It may be boiled or steamed and is usually served with a butter or Hollandaise sauce. It may be spelled with two "cs," but that doesn't help its flavor.

CORN

Freshly plucked young corn may be boiled in 10 minutes (water rapidly boiling) and older corn up to ¾ of an hour. Corn may be served on the cob or removed and heated in a chafing dish with salt, pepper, butter and paprika; a more delicate way, perhaps, than attacking it *au naturel*. It makes a fair fritter and with milk, egg, butter and corn meal is often made into a rather innocuous "corn pudding."

EGG PLANT

Egg plant may be sliced, salted and drained and then breaded and fried in butter and oil mixture. Stuffed egg plant is made by stuffing the hollow "shell" with the interior which has been diced and boiled, seasoned with salt, pepper, grated cheese, butter, and bread crumbs added. Crumbs sprinkled on top and the egg plant baked for ½ hour.

PARSNIPS

The young ones are cooked like carrots and usually served with white sauce. They have a distinctive taste, something like gunpowder.

PEAS

Fresh peas are steamed or boiled. Steaming gives them a nut flavor but care must be exercised lest they get scorched. A handful of salt added to the water in which they are boiled will preserve their color. Finally chopped parsley or mint may be added and they are best served with melted butter, sometimes a little cream also.

SUCCOTASH

Succotash is a combination of corn and lima beans. The corn and beans are boiled separately and combined in any proportion, usually half and half, heated with butter and seasoning. Cream may be added.

MUSHROOMS

Folk lore hands down various methods by which the edible mushrooms may be distinguished from the poisonous varieties (called by children "toad stools"). Probably most of these methods of diagnosis are unreliable and perhaps it would be better for all concerned, other than fungi fanatics, to purchase the cultivated mushroom and use it exclusively.

Mushrooms are cooked and served by themselves or they may be used with other dishes as pleasant additions or in sauces and stuffings. Canned and dried mushrooms are offered in the market but they are not comparable to the fresh article.

Broiling and stewing in butter are the usual ways of cooking mushrooms though they are susceptible of other treatment. Under glass (*sous cloche*) is rather a fancy method of cooking and serving these excellent fungi but it is really only baking them with butter and cream; it

conserves their flavor well, however, and looks expensive.

There is some difference of opinion as to whether or not mushrooms should be peeled—we are presuming that the stems have been removed, but considering their earlier environment and the difficulty of cleaning them, it seems safer or at least more æsthetic to remove the skins. It would be allowable to sponge them off with a coarse cloth wrung out in hot water but like most food they should not be washed in water.

Unpeeled, they undoubtedly have more flavor and as they are sterilized in cooking, such incidental contributions to one's "peck of dirt" would not be harmful.

BROILED MUSHROOMS

Broil the caps, large ones preferred, 2 to 3 minutes on each side and brush with salted butter, serving on buttered toast. Some recommend broiling them somewhat longer, 6 to 8 minutes, on the skin side only.

GUN CLUB METHOD

Place caps, under side up, in a large tray, a small piece of butter in each cap. Place tray under broiler or in the oven until butter is thoroughly melted (5 to 6 minutes). Add cream and when quite hot, thicken with a sprinkling of flour or about a tablespoonful rubbed up with butter. Mix well and when sauce begins to thicken season with salt (quite a bit), black and cayenne pepper. A glass of sherry may be added, though any extraneous flavoring is hardly necessary.

Mushrooms may be broken in pieces and stewed up in butter (5 or 6 minutes) in a frying pan or chafing dish and cream added as in Gun Club Method, or the cream omitted.

MUSHROOMS SOUS CLOCHE

Place large mushroom caps on a piece of toast, right side up, spread butter on them and thick cream, seasoned with salt and pepper, place glass bell in position and bake in hot oven (440°–460° F.). Serve with the glass covers *in situ.*

This method is apt to impress visitors from the country who never seem to know how to get at the mushrooms.

Mushrooms are sometimes breaded and fried in deep oil or they may be stuffed with forcemeat and baked, but as their flavor is very delicate, the simple methods of cooking are preferable.

OKRA

Okra is a mucilaginous vegetable largely used in soup (gumbo) in the South. It may be sliced and boiled (25 to 30 minutes) and served by itself in a butter or white sauce or it may accompany boiled rice or stewed tomatoes.

ONIONS

The onion is a lily, and some lily at that (*allium cepa*). It is perhaps the best known and most generally used vegetable in the plant kingdom and unlike its chief competitor, the potato, it "tells the world" itself, especially when being cooked.

Highbrows pretend that the onion is plebeian and only used by the "baser sort"; this is not so, for while the onion may be the flavor and essence of the pro-

letariats' kitchen, also is it the king's delight and a great cook is he who "knows his onions" and the greatest of these are those who use this lily most. Almost every one likes the flavor of the onion and many who cannot eat the bulb itself, appreciate a subtle and ephemeral onion flavoring in food, especially if they are ignorant of its source. The French cooks understand this and so one will note that all their receipts, where possible, contain *un soupçon d'oignon.*

The onion (as well as his little, though stronger, lily cousin, *allium sativum* or garlic) is not only a wholesome vegetable but has therapeutic value as a digestive stimulant, a diuretic and an anti-spasmodic, and a raw onion is said to be "good medicine" for a cold. Well, even if munching a raw onion won't cure a cold, it will keep other people from getting it.

Onions may be eaten raw (usually in salad), used as flavoring in many dishes, or cooked by themselves in a variety of ways. Garlic is generally used raw as flavoring but may be cooked with food, in which case it should be removed before the food is served lest a bite on a garlic clove distract one's taste from aught else. Onions for general purposes are boiled, baked or fried and, for a happy home life, these methods are all one need to know about them.

BOILED ONIONS

Onions are boiled from ½ to 1 hour and then served with butter or other sauce or drained and glazed in the oven for a few minutes. Old and strong onions may be boiled for the first 10 minutes in fresh water and then finished in salted water.

BAKED ONIONS

Onions may be placed in the pan raw and baked for 2 hours, then served with butter and salt and pepper in the top or they may be sliced and baked in a casserole with butter, bread crumbs on top and seasoning. A little water in the bottom of the casserole will prevent burning.

FRIED ONIONS

Onions may be fried in deep oil or pan-fried in butter or butter and oil or olive oil. It is the overheated onion sizzling in lard in the poor man's kitchen which has, on account of its over-powerful and penetrating aroma, caused much criticism of this noble and fairly innocent lily bulb. Before onions are fried or cooked in any method, the dry outside skin is removed and the hard end cut off; to avoid futile tears, this peeling may be done under water.

PAN-FRIED OR ONIONS SAUTÉ

This method is really "stewing" and it is preferable to use much more butter than in ordinary pan-frying. Use a rather deep pot with a lid and put in 1 tablespoonful of olive oil to 2 or 3 of butter. Slice or cut up onions and cook—not too fast—until well done, that is, until the onions are limp, yellow and translucent. Onions require little salt but will take quite a bit of pepper which should be freshly ground and incorporated with the onions just before they are done. The butter and oil in which the onions are cooked goes with them into the vegetable dish.

FRIED ONIONS

Slice in thin rings, dip them in milk, drain and dredge them in flour and plunge into hot oil in a frying basket. Drain well, of course, as in all deep frying. Another method is to dip in milk as before, then in fritter batter and cook by dropping into the hot oil. (Fritter batter is made with flour, salt, shortening—olive oil or butter, water and beaten egg or just the white of the egg.)

POTATOES

These apples of the earth, to speak botanically, are the enlarged underground *rhizomes* of the *Solanum tuberosum,* but be this as it may, potatoes and their co-workers the onions are by far the best sellers in the vegetable line and it would take a *Literary Digest* straw vote to indicate which of these two essential vegetables is the more popular or in more general use. Their rivalry is friendly, however, and they are very often used together. Potatoes originated in the temperate portions of South America but no single continent could hold them and about the sixteenth century they were widely transplanted.

Rumor had it, if we may believe Shakespeare, that the sweet potato was an aphrodisiac. Important if true, since they are so easy to get, but unfortunately there's no such luck, they are not, *tant pis!* The largest potatoes come from the Northwestern States—"Idaho" on the menu; seed potatoes from Maine and "Irish" and "Bermuda" potatoes from anywhere. Potatoes are made up largely of starch and water and for this reason should

not be served at the same meal with other starchy food (Italian pastes, corn, beans, etc.). It is a common and reprehensible habit in this country to serve potatoes at every meal. This is due to the fact that they are always on hand and also that they are easily (and as a rule poorly) cooked. In France potatoes are usually fried in butter or oil; in Germany in grease with onions added, and in England boiled—small and hard with never a variation. The English are consistent at least, if they make a mistake once they will stick to it eternally. In the United States potatoes are cooked every day in every way and seldom properly.

BOILED POTATOES

New potatoes are usually boiled and served with their skins ("jackets" to be more elegant) on; old potatoes pared before boiling (kept under water to prevent discoloration before cooking). They are served with melted butter and chopped parsley or with a rich white sauce in case of the new young ones. Half an hour, except for the very young, would be the average boiling time.

MASHED POTATOES

A much used and much abused method. Boiled or baked potatoes are well beaten up with butter, seasoning and cream. A tablespoonful of melted butter and two or three times as much hot cream to a cup of mashed potatoes, and salt generously used. A teaspoonful of grated onion may be added and chopped parsley with its contrasting color is always in order.

Mashed potatoes, usually with egg yolks, 1 to a cupful added, are used as rings to enclose creamed articles

or to "pipe" around planks as garnishment. This preparation called "potato duchesse" may also be made into cakes and fried in butter. The egg makes the potato mixture richer and also acts as a binder. The practice of garnishing plank dishes—fish, steak, etc., with potato rings and dots of vegetables may appeal to the eye but adds nothing much to the service. Parsley and watercress are the best bets for such garnishing and cut lemons or lemon baskets should always appear with planked fish.

BAKED POTATOES

The largest varieties (Idaho) and oldest are best for baking. Rub skins with olive oil and bake in moderate oven until done, i. e., mealy (40–60 minutes). They may be served in their jackets with a pat of butter inserted in the top, and paprika dusted on, or they may be removed from the skin and mixed with butter and paprika or beaten up with butter and cream. The skins may be eaten but what's the use?

FRIED POTATOES

Potatoes are either pan fried (sauté) or deep fried, and in the latter method the rules of the game must be observed; the oil hot and kept hot and the finished article not allowed to cool. The potatoes may be parboiled (20–25 minutes) before they are fried but in the "French fry"—method, raw pieces are used.

FRENCH FRIED POTATOES

This method of cooking potatoes brings country people to city restaurants. They "can't get potatoes like that at home"—this is probably true but it is only be-

cause the "old home cook" doesn't know or will not observe the basic principles of deep frying.

The potatoes are cut lengthwise in strips of varying thickness, kept in cold water until needed, then dried and plunged, not too many at a time, into hot fat (constant reiteration should impress the fact that the frying fat must be hot and kept so) and cooked until well browned (4–5 minutes) then drained and sprinkled with salt and *kept hot* until served.

JULIENNE POTATOES

Any vegetables cut in thin "match stick" size are called "julienne" and potatoes cut thus are fried as in French fry. Being much smaller they take less time.

SARATOGA CHIPS

These are very thin slices of potatoes, cut crosswise and deep fried. Those bought at the grocery store are excellent and only require crisping or heating up in the oven. They are easy to eat (with the fingers) and with their salt excess, they are great thirst producers.

CUBED POTATOES

In the French fry method, potatoes may be cut in cubes instead of lengthwise. If these are subsequently mixed with a pan fried (sauté) onion and green pepper or pimento mixture they are called "Potatoes O'Brien." Probably this O'Brien was one of the Spanish variety; settling and cooking in Spain after the Peninsula War.

SOUFFLÉE POTATOES

And now comes the test. If the reader can do soufflée potatoes right "off the bat," we've been deceived; he or

she is no amateur. Throw away this book, write your own, *rien ne va plus!* The author has been shown by the country's best chefs exactly how to soufflée potatoes, he has then gone home, exulting greatly, and tried it exactly as taught and the damn things wouldn't puff up at all. There must be some secret method whereby the confidence and cooperation of the potato may be obtained. But this is the way it is supposed to be done.

Slice raw potatoes (Holland potatoes, some say; they must be waxy) in even thickness. Keep cool (cook and potatoes both) and dry. Cook for several minutes (8–10) in comparatively cool frying fat. Drain and plunge into very hot oil in frying basket and they will then puff up like nice little blimps. (Yes, they will! You try it!) Drain and salt and serve.

LYONNAISE POTATOES

Fry (sauté) sliced onion in butter and when nearly done add sliced boiled potatoes and cook together until potato is well heated. The potatoes may be cooked in butter without the onion but the combination is more popular.

GERMAN FRIED POTATOES

A so-called German fried potato is cooked the same way as the Lyonnaise method except that raw potatoes are used. Naturally this takes longer.

HASHED BROWN POTATOES

Hashed parboiled potatoes are pan-fried in butter, allowed to cook a few minutes without stirring, then folded over like an omelet and served. Raw potatoes may also be used in this method, but will require about

20 minutes, frying and stirring before they are to remain idle while their bottoms are browning. Chopped green pepper may be cooked with them and, of course, parsley and grated onion are welcomed additions.

POTATOES ANNA

Potatoes "Anna" are raw sliced potatoes baked in the oven (Pyrex dish, why not?) with butter and seasoning. In a hot oven (450°) they will take about 1 hour. Grated cheese is a grateful addition and this would probably give them another name and if milk is added they are called "Delmonico."

CREAMED POTATOES

Cubed cooked potatoes may be mixed with a cream sauce and heated, or raw potatoes may be cooked with cream (or half cream and half milk) in a double boiler; 30–40 minutes required or until potatoes are tender. Butter and seasoning added before they are done.

POTATOES AU GRATIN

Creamed potatoes may be covered with bread crumbs, dotted with butter, and browned in the oven or under a broiler. More often than not grated cheese is added.

POTATO BALLS, CAKES, ETC.

Potato balls or croquettes are made of seasoned mashed potatoes with egg added, breaded and fried in deep oil. Potato cakes are made the same way and sauté or pan-fried in butter. They may be dredged in flour but have no coating of bread crumbs. Miss Lord (*Everybody's Cook Book*) says that "*Slitheryback* is potato cake made from mashed potato with flour

kneaded in until of right consistency. Use about equal quantities, season well, pan-fry slowly."

SWEET POTATOES

Sweet potatoes are generally baked, boiled, or parboiled and then cooked in other ways. They can be cooked in about the same ways as are white potatoes and also with sugar or maple syrup.

SWEET POTATOES, VIRGINIA

Sauté sliced parboiled potatoes in butter, sprinkle generously with brown sugar or maple syrup and cook until potatoes begin to brown and sugar to caramelize.

SWEET POTATOES, BENNETT

Sweet potatoes Bennett were long a specialty of the old Bellevue (of revered memory) in Philadelphia.

Slices of parboiled sweet potatoes were sauté in butter or broiled, placed on a large platter, a brandied marron placed on each slice. Jamaica rum poured over and the dish served in a flaming halo. This being before the days of the plague, when chestnuts were preserved in brandy syrup and it was no crime to possess good rum.

SWEET POTATOES, GUN CLUB

Potatoes cooked by this method are an adaptation from the "potatoes Bennett." Boiled sweet potatoes are mashed up with butter and seasoning (cream optional) moulded in a large platter with a groove in the middle of the purée. The groove is filled with chopped up marrons in brandy syrup and some of the syrup spread over the rest of potato. The dish is glazed in the oven for 6 or 7 minutes and then served with flaming rum.

A little grain alcohol (non-medicated and not denatured) had best be added to the rum to insure a good flame. Sweet potatoes make excellent potato cakes or croquettes and may be used to make pie after the manner and taste of pumpkin.

TOMATOES

Tomatoes were not long ago thought poisonous and were called "love apples"; rather an odd name for a poison. Now they are the backbone of the canned soup industry and, as canned stewed tomatoes, please countless millions more.

STEWED TOMATOES

Stewed tomatoes either come in a can or are stewed in their own juice for 20 minutes or so, seasoned and maybe thickened with bread crumbs or bits of bread.

FRIED TOMATOES

Tomatoes may be breaded or covered with batter and deep fried or they may be pan fried (sauté) in butter. In the latter method they are dredged in flour and cooked in butter with a small proportion of olive oil added. Cream may be added and a little flour for thickening.

STUFFED TOMATOES

The pulp of a tomato may be mixed with seasoned forcemeat, the tomato refilled and baked from 20 minutes to ½ hour. Almost any cooked meat or vegetable stuffing may be used.

SPINACH

Spinach, brocoli and other green vegetables may be steamed or boiled and turnips and such wooden vegetables may be cooked like old and weather worn beets for those, if any, who like them. Hollandaise sauce goes especially well with brocoli and may be used to disguise spinach but nothing seems to help turnips or squash.

RICE

Rice is the potato of the East and is also greatly appreciated in Spain and Spanish countries. It is a very fine vegetable and deserves a wider use in this country, especially as a change from the omnipresent potato. Rice is usually boiled though it may be cooked *ab initio* in butter or olive oil, a method very frequently used in Spain or Cuba.

SPANISH RICE

"Arroz à la Valenciana" (Paella) as cooked at the Habana Yacht Club and elsewhere is a concoction made up of rice cooked in butter and olive oil, much seasoning, and among those present, in the meat or fish line, are almost everything available, cooked previously, such as ham, fish, chicken, mussels, lobster, shrimps and even kippered herring, if any be left from breakfast. Green and red peppers, of course, and a pinch of saffron for local color, and no descendant of the Latin race would omit onion and garlic.

PAELLA

The "Paella" as done by the Chef of the Yacht Club at Habana would serve as a typical example of this

Spanish Cuban dish, so here is the contribution from that skillful "cocinero" who unfortunately neglected to sign his name to the receipt.

PAELLA PARA—2 PERSONAE

"Ingredients—Medio pollo un poco de carne de puerco calamares (cocinados de ante mano) pescado, a pedicitos, Langosta, Langostinos, camarones, pimientos, morrones y petit-pois.

MODO DE HACERLA

Se pone la cajuela al fuego con un poco de aceité y un poco de manteca, cuando, esté bien caliente se sofrie la carne de puerco, a continuacion il pollo luego, se le añade un poco de ceballo y ajis (pimiento verde picador) a continuació u tomato se sazona bien se la añade, 3 puñaditos de Arroz Valencia bien lavada a continuación il 3 cucharones chicos de buen caldo mientras esta hérvíendo se le pone una picador de un poco de ajo y azafrán a se deja hervir 15 minutos y quedo listo."

BOILED RICE

The easiest and perhaps the best method to boil rice is to drop it slowly in an excess of rapidly boiling salted water and let it boil for 20 minutes, the water constantly in a turmoil. Drain in a colander, dash cold water over it and then let it re-heat in the colander over steam or in the oven. Boiled rice may be served by itself with butter and seasonings or cold with sugar and cream or it may be added to or served with innumerable dishes. Rice rings may be used to contain any creamed

entrée and rice is invariably served with a curried dish. Rice may be mixed with fruit as a dessert or baked with fruit as a hot dish. One cup of raw rice will make 3 to 4 cups when boiled.

RICE AND PINEAPPLE

This is a Gun Club specialty and is served hot and may suggest other such combinations.

Put ½-inch layer of boiled rice in bottom of a casserole, then 3 to 4 small pieces of butter, next a layer of canned pineapple (the sliced variety, cut in pieces) and a tablespoonful of brown sugar syrup. Another layer of rice and then pineapple and syrup as before, and so on to the top of the casserole, finishing with pineapple and pouring on the juice from the can. Bake uncovered in a medium oven (357°F.) 20 to 25 minutes. One No. 3 can of Hawaiian pineapple will do for a large family casserole or a casserole for a large family, about 12 to 15 portions. If this isn't all used, it is not so bad cold for next day's dessert.

WILD RICE

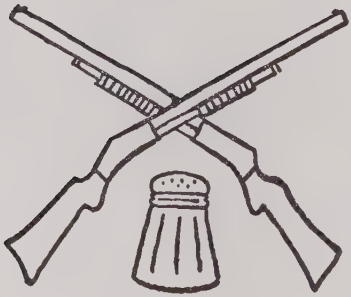
Wild rice may be boiled and served with butter and salt and pepper or it may be made into cakes and fried. It should be washed well before cooking as it is apt to be full of dust and chaff.

WILD RICE, COROLLA

In a double boiler put 1 cupful of rice and 1½ cupfuls of water. If the rice is to be eaten with meats, add ½ teaspoonful of paprika, a pinch of cayenne, a pinch of black pepper and a pinch of salt. If to be eaten with

sweets, ½ teaspoonful of salt only. Cook until creamy, then put in a pan (about 2 inches deep) to cool. When cold, cut in slices about ½-inch thick, roll in very fine bread crumbs. Put a little butter and a teaspoonful of bacon fat in a pan; when very hot, brown the pieces of rice on both sides.

Wild rice goes very well with wild ducks or any game, especially if the gravy is poured over it.



Chapter XII

Macaroni and Its Allies

The Italian pastes, eaten mostly by Italians, but manufactured everywhere, are made of gluten flour in various sizes and shapes and names, such as: Macaroni, Spaghetti, Tagliatelli, Rigatoni, Vermicelli, and many others. The Noodle family, made of dried flour paste with egg in it, is also divided into many sizes and shapes. These products are almost invariably boiled and then mixed with sauces of various ingredients. The pastes are also of use in adding to soups. Macaroni is to the Italian people what rice and potatoes are to other races. These pastes, like rice, should be used more frequently in place of potatoes.

MACARONI AND NOODLES

Macaroni and noodles are boiled like rice, the time varying from 13 minutes in the smaller varieties to ½ hour in the largest macaroni in which the sections are as large as a garden hose.

These dishes are all boiled alike and then served with a butter, vegetable or meat sauce and always grated cheese, either incorporated or passed at the table.

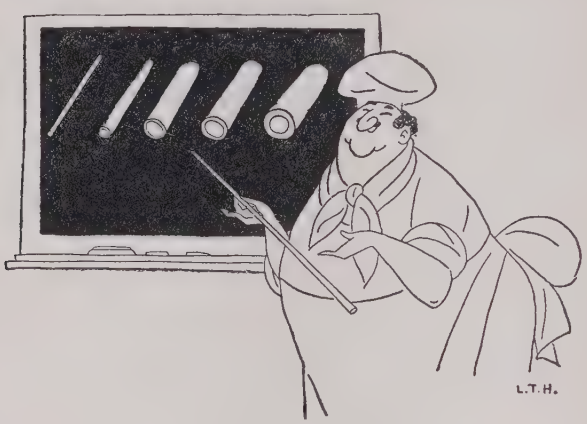
BUTTER SAUCE

Simple drawn butter seasoned with salt and pepper may be mixed with any boiled macaroni, spaghetti, *et al.*

Grated hard cheese—Roman or Parmesan—is then generously sprinkled on. The butter may have an onion chopped and fried in it or perhaps a touch of garlic.

TOMATO SAUCE

Tomatoes stewed down or tomato paste with melted



. . . from . . . the smaller varieties to . . . the largest macaroni in which the sections are as large as a garden hose.

butter and flavored with cloves, spices, onions or garlic or all of them.

MUSHROOM SAUCE

Mushrooms in brown or white sauce.

MEAT SAUCE

Small pieces of meat (Hamburger steak), chopped chicken livers or chicken meat sauté in butter or oil and highly seasoned, may be added to the macaroni or

noodle dish. The fried meat may be mixed with tomato sauce or with merely its own gravy. It may be reinforced with brown sauce or soup stock. Canned beef, mock turtle, oxtail or tomato soup may also be used as a sauce and as a rule it is better to mix these sauces thoroughly with the macaroni and then bake in the oven until hot. The cheese may be baked with the paste or passed afterwards, but always the cheese. Chopped and fried green peppers may be used with any combination.

NOODLES

Noodles being of practically the same composition as the Macaroni pastes, may be prepared and served in the same way. They are especially acceptable in clear soups. A simple noodle paste would be made of eggs and flour and a little salt. One egg to a cup of flour with a large pinch of salt. The dough is rolled very thin, floured and cut in narrow strips, either with a knife or parsley cutter or it may be rolled like a wide bandage and cut off the end in strips of the desired width (why not use a bandage cutter?). The strips are hung up and thoroughly dried. The commercial noodle, made in Jersey City or elsewhere, is just as good as the home-made product. Some cooks boil or simmer noodles in milk and then serve with melted butter, seasonings and cheese.

SPAGHETTI

SPAGHETTI À LA CARUSO

A typical spaghetti with meat sauce would be that called "Spaghetti à la Caruso." Its preparation may vary somewhat in different restaurants but none would

be better than the receipt of Dominic Guinovart, Chef at the Seville-Biltmore in Habana. He presents his method as follows:

SPAGHETTI À LA CARUSO—4–6 PP.

"The sauce, to be cooked for 2 hours over slow fire.

½ lb. loin of pork, chopped
3 slices bacon
1 lb. filet of beef, chopped
1 lb. peeled tomatoes, cut in pieces
2 chopped onions
2 chopped garlic
1 can tomato purée
1 lb. butter

Grated nutmeg, a little lorber leaf or little spice of marguery.

1 lb. spaghetti to be boiled in salted water for 20 minutes, strained and put in cold water for 1 second. Put butter and grated Parmesan cheese in a fresh casserole, mix well and serve with sauce over them.

DOMINIC GUINOVART."

A pound of butter seems somewhat excessive and as we could not find "lorber leaf" in the dictionary we used bay leaf and for "spice of marguery" we took our thyme, and we may be right at that.

COLD SPAGHETTI

Cold spaghetti is rarely encountered but once upon a time off Colon with the temperature running well over a hundred in the shade, John Kooy, chef of the good ship *Northern Pacific* produced a cold spaghetti which

made one forget the heat. Here's how he wrote out the formula:

COLD SPAGHETTI, FOR EIGHT PEOPLE

1 lb. spaghetti
½ can button mushrooms
½ can string beans
1 sour (he spelled it "sauer") apple
4 green peppers
2 slices boiled ham
6 slices boiled smoked tongue
1 pint strained Creole sauce
1 pint mayonnaise

Boil the spaghetti for ¾ hour, cool off in cold salted water and let it remain in it for 1 hour. Then drain. Slice the mushrooms, cut the apple, ham, tongue, in julienne strips. Mix the strained Creole sauce with the mayonnaise litttle by little, beating it all the time, so it may remain thick, chop the bell peppers fine and mix all the ingredients together.

The *Sauce Creole* for the above is made by pan frying 8 onions and 4 green peppers in butter, add a quart of tomatoes and spices in a bag (2 cloves, garlic, 6 cloves, 6 allspice, 3 bay leaves, and a pinch each of mace and cayenne pepper). Then add ½ can of sliced mushrooms and let the whole mixture simmer 20 minutes. Strain through a fine sieve.

CANNED SPAGHETTI

Often in emergency it becomes expedient to use canned spaghetti and this is the way the Gun Club does it:

Fry in the bottom of a casserole in half butter and

olive oil, chopped onion (the amount would vary, of course, with the amount of spaghetti needed; a teaspoonful of chopped onion, half a one of olive oil and 1½ teaspoonfuls of butter to the commercial sized can wouldn't be far off but could be varied "to taste"). When the onion is well done mix in the spaghetti, incorporate grated cheese, American or Italian, and "bake" in the oven 15 or 20 minutes or until the cheese is melted.

SAMP OR HOMINY

Samp is the large or pearl hominy. It is cooked by simmering 5 or 6 hours or in a double boiler over night and then served in a chafing dish with salt, pepper, a pinch of sugar and butter. Garnished by dusting with paprika. The fine hominy or hominy grit is boiled for breakfast food or it may be cooled and fried in cakes like wild rice.

RAVIOLI

Ravioli are little pillows of noodle paste, the pillows stuffed with a mixture of chopped cooked meat, chicken, etc., vegetables, as pre-cooked, spinach, mushrooms, etc., an egg to bind and cheese either mixed inside or served with tomato sauce with the finished ravioli. To make them, roll out a noodle paste (1 cupful flour, 1 egg, ¼ teaspoonful salt, 1½ teaspoonfuls cold water) cut in 2-inch squares, put a teaspoonful of the meat (chopped very fine), cheese, egg and vegetable mixture on a square of the noodle paste and cover with another square and poach in boiling salt water for 10 to 12 min-

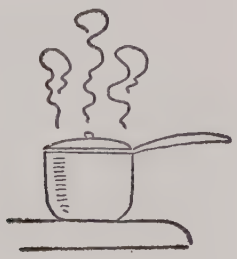
utes. Serve with tomato or mushroom sauce and pass the cheese if it hasn't been used inside. The pillows may be made of 1 piece of paste folded into a triangle. Canned Ravioli, in tomato sauce, may now be had at the better shops.

GNOCCHI

Gnocchi are small paste cakes, something like croûtons, poached and sprinkled with cheese. They are made either with farina or with potato and flour and bound with egg. For example:

POTATO GNOCCHI

Make paste with flour and boiled potatoes and salt. Roll into an inch roll and cut off in inch lengths, indent them in one end into little cups (to better hold the sauce) poach in boiling water until they float. Fill them with gravy and grated cheese on top and serve as additions to meat courses.



Chapter XIII

On Meats

Meaning "Market Meats," Beef, Lamb, Veal & Pork

When the housewife calls up the butcher and asks for some meat, for her husband or the dog, she is usually thinking of beef, whereas "meat" really means the muscular flesh of any animal; hence "crab meat," "white meat of chicken," etc. As Miss Lord points out in her admirable *Everybody's Cook Book*, we use Saxon words for live animals and Norman words for animals after they have been slaughtered. The flesh of cattle is called "beef"; that of calves, "veal"; oddly enough we say "veal kidney" but "calf's liver." A sheep on the table becomes mutton; a lamb is always a lamb though sometimes he is really old enough to be called "mutton" on a truthful menu. A pig when very young, like a lamb, still retains his name ("Roast Suckling Pig") but later relapses into "pork" though his hind quarters when smoked become "ham," while from around his middle he brings the "bacon" home.

The homely and much maligned pig is without doubt the greatest food animal in captivity. To millions of people in this and other countries the word "meat"

means "salt pork" and for this reason perhaps a majority of these have chronic indigestion; if they don't get it from the "meat" itself, they do their best or worst by cooking everything they can in the pig's great by-product, lard. We have stressed some mention of this under the chapter on "Frying."

The larger parts of beef are generally roasted, broiled or boiled. Smaller cuts may be so treated or fried or stewed and any parts may be re-cooked in special dishes; ragoûts, stews, hash, *et al.*

There are two methods in cooking meat, to serve two purposes. (1) When the juices are to be retained in the cooked meat; roast beef, steak, etc., the article is heated intensely on the outside (seared) for a few moments. This coagulates the albumen in the juices and forms a coating which keeps the liquids inside. (2) If the medium in which the meat is cooked is also to be consumed (stews, soup, etc.) heat is applied slowly to allow the juices to escape and permeate the mixture.

BEEF

ROAST BEEF

Roast beef undoubtedly has the honor of being the great American (and English) dinner dish for those who can afford its use. The beef is roasted in the oven "standing up" (on the ribs) for the first 10 minutes at a high temperature to sear (450°F.), then continued at a moderate heat (380°–395°F.) until done. Not counting the first 10 minutes the roast will require from 8 minutes to the pound for a very small roast to 18 for a large one. The meat should be frequently basted and if not fat enough to furnish its own juice, the grease

may be augmented with suet, bacon fat or salt pork. The meat should have access to the air (open door) for the last 20 minutes, to brown, and the pan gravy may be served with it. The gravy may be thickened with flour but is better if not. Potatoes may be roasted with the beef, though mashed potatoes go well with beef and more often than not accompany it.

BEEF STEAK

The head waiter in any Metropolitan hotel or grill room can "tell the world" that man's favorite food is beef steak with French fried potatoes and nine out of ten men from the "sticks" will tell the waiter the reason they always order "grilled steak with French fried" is because they can't get such steak and potatoes back home. They are quite right and yet there is no real reason why a man in every "pocket borough" shouldn't have a steak cooked in the same way and just as good as he can get in Manhattan's finest grill room. The meat in the country is the same as that in the city; practically all of it comes from the great packing houses in the Middle West. The side of beef sent to the country butcher is the same quality as that which feeds the captain of industry in the big city. The trouble is neither with the meat nor the butcher but the purveyor of the modest rustic home, while she may "know her onions" she doesn't know either her steak or her French fried potatoes. To her and to countless thousands, a steak is just a "beef steak"; a big round thin piece of meat, one third tenderloin, two thirds sirloin with a piece of bone (for the dog) separating them; a "boarding house steak," cut from near the top of the round. It may be

called a porterhouse steak by the butcher, depending upon where he hails from—different states, different names. This piece of meat is broiled by the travelling man's better half, or more probably fried in lard in a frying pan and then the potatoes are sliced and fried in the residual grease and so the good man eats "steak and

. . . and then goes to New York to get "potatoes and steak."

potatoes" at home and then goes to New York to get "potatoes and steak."

Now the local butcher can easily do the proper thing if he is told to. He can cut a sirloin steak from the part of the animal where the sirloin grows best, up near the ribs; he can cut it thick if asked to, not less than two and a half inches, and he can either use meat that has been hung at least three weeks or he can keep it hanging for any customer.

And as for the French fried potatoes, the loving caretaker or home purveyor can learn by reading this or any

other cook book (*almost* any other perhaps) that potatoes may easily be cooked in hot melted grease or oil but that hot means hot and nothing less.

BROILED OR GRILLED STEAK

Brush a 2½ inch thick steak, preferably all sirloin, lightly with olive oil, salt and pepper generously, put in broiler and hold close to flame 1 minute, then rest farther away (say an inch and a half in a gas broiler) for 6 minutes (this would be about the average; if liked very rare or if a thinner steak, 4 minutes on a side would do; conversely, if thicker or wanted well done, 8 minutes or more per side may be required). Turn and treat the other side the same. Put on hot platter and spread generously with butter. Steak may be cut from bone and sliced in the kitchen, or carved at the table. Pour juice from drip pan over for gravy.

Optional: When steak is finished, spread a teaspoonful of dry mustard on it with the butter or mix with mustard a teaspoonful of Worcestershire sauce or "Al" (Brand's) sauce, or tomato catsup. Garnish with parsley or water cress. It is to be noted that the broiling compartment (in gas stoves) must be very hot before anything is put in to broil.

PLANKED STEAK

A steak may be seared in the broiler for a minute on each side and then finished on a hot plank in the oven (20 minutes to ½ hour) with occasional basting with butter. It is customary to garnish a planked steak with a fancy border of mashed potatoes. The potatoes (à la Duchesse) are mixed with egg and piped around the

board. Other vegetables are placed either in potato rings or hollowed out peppers. Parsley in bunches is arranged in strategic positions. This makes for show and might cause gossip in a small town, but after all, vegetables are easier to serve in separate dishes; "duchesse potatoes," so cooked, are dry and tasteless, and for a steak there is no better garnishment than parsley or water cress; the sharp flavor of the latter going particularly well with steak. Steaks may be cooked and served on individual planks; rather cumbersome but not without attraction.

BEEF STEAK BAKED IN SALT

At beef steak parties in the breweries of Paterson and elsewhere, the steaks are baked in salt, which keeps them tender and conserves their flavor. "T" bone steaks in prime condition, peppered and placed on a broiler (in a gas range) are covered with a layer of salt, ½ to ¾ inch thick. The top side is exposed for 40 minutes, the steak is then turned over, covered with another layer of salt, and then broiled for 15 to 20 minutes more. The salt is knocked off and the steaks kept hot, with lots of butter, and served on thin slices of bread. With every piece of steak a mug of ale, and with every mug of ale another steak, for "man muss essen so man wieder saufen kann," and so till dawn.

MINUTE STEAKS

Minute steaks (referring to time required rather than to size, though they are small at that) are usually from the round and are cut to individual portions, about 4 or 5 inches square. A ½-inch steak may be hammered out until it is only half as thick. The steaks are pan

broiled in a very hot, practically dry, pan. A drop or so of olive oil may be rubbed over the pan to prevent scorching. Thirty or 40 seconds on each side will cook the steak and then it is served with butter and seasoning.

TENDERLOIN

The tenderloin is the unstriated muscle on either side of the backbone inside the cross bones (while the sirloin is on the outside). As the name implies, this muscle is more tender than the other muscles and it is also true that it has, comparatively speaking, little taste. For some reason tenderloin appeals to the head waiter or else he wants to get rid of it, for left to himself he will always advise it. This part of beef is also usually ordered by those persons who insist on the white meat of chicken. It is expensive or gives one the impression of wealth. As this meat is quite lean and has little flavor, it is usually larded and served with highly seasoned sauces. It may be cooked whole or sliced crosswise and broiled or pan-fried.

Whole filets may be braised or roasted. In roasting, they are either larded on top or covered with strips of bacon and then roasted on a piece of salt pork for ½ hour, or they may be braised in a casserole with brown sauce, onions, carrots and celery.

FILET MIGNON

A filet mignon is a section of a tenderloin of beef cut crosswise. It may be broiled or pan-fried in butter and may be served on a fancy base, artichoke fond or tomato or toast spread with pâté de fois gras and maître d'hôtel butter or any sauce, mushroom, etc.

TOURNEDOS OR NOISETTES

These are small rounds about ½-inch thick, cut from the centre of the filet mignons and are usually pan-fried. They may be served with any sauce.

DRIED OR SMOKED BEEF

Smoked beef may be de-salted and made more tender by pouring very hot water over it. It may be "frizzled" in a hot pan with a little oil or bacon fat and then served with white sauce on toast. The sauce may be made in the pan with the frizzling beef by adding butter, flour and cream.

BEEF À LA MODE

Beef à la mode is a large piece of beef simmered for several hours and usually served with a brown sauce flavored with vinegar and horse radish. Beef may be boiled or stewed in smaller pieces with potatoes and makes the famous or infamous boiled dinner of New England.

CORNED BEEF

Corned beef is beef pickled in brine and requires a lot of boiling (simmering from 3 to 6 hours). It is usually served with boiled cabbage and its natural condiment is mustard; it needs no other.

DINTY MOORE'S CORN BEEF AND CABBAGE. Contributed by James Moore, 216 West 46 Street, New York City, through courtesy Charles Gillen, Commissioner, Newark, N. J.

Place well selected properly cured corned beef in cold water, bring to a boil and boil for 3½ hours, skimming

every 20 minutes. Add fresh boiling water if necessary to keep beef covered. Fifteen minutes before it is finished add 1 lb. of granulated sugar for every 20 lbs. of beef. Allow beef to cool in water in which it was boiled, for 1½ hour.

Put cabbage in cold water with piece of pork and boil from 18 to 20 minutes. Remove pot from fire and heat up when wanted. (Will keep white for 24 hours.)

With this corned beef and cabbage, which so often made Father leave home, Dinty always served potatoes, which he cooked as follows: Wash good-sized Irish potatoes but do not remove the skins. Boil in very highly salted water (brine) until "hard boiled"—25–35 minutes. Keep skins intact and dry potatoes in oven for 20 minutes or so. Serve with plenty of butter and if a keg of draught ale were handy, Father would never get home, and why should he?

CORNED BEEF HASH

Corned beef hash is a noble food; in fact any hash may be for that matter, if properly made of the best materials. Due to an ancient prejudice, good persons even now speak of hash apologetically.

This prejudice is due to the fact that our fore-fathers (or rather "fore-mothers") used hash as a kind of an end product or last resort. Scraps of food fit for nothing else, if fit at all, were hastily assembled and "hashed" together. The hash of the boarding house brought all other hashes into disrepute and even calling them ragoûts or goulashes or any other fancy name, hardly helped. A hash is, as its name implies, a cut up food and if the food is good, *a priori,* the result should be excellent, and as noted above, corned beef hash is one

of the greatest of these. It may be made simply of cut up boiled potatoes and cubed corned beef or it may have a *de luxe* touch by creaming the potatoes and adding a little parsley; like this for instance: Melt 2 tablespoonfuls of butter in double boiler, add 3 cupfuls cubed boiled potatoes, mix, then pour in ¾ cupful cream with 2 teaspoonfuls finely chopped parsley, now 2 cupfuls cooked corned beef, cubed the same size as the potatoes. Mix but do not break or mash the potatoes. Mould in a single flattened loaf or in individual portions, put in a buttered pan, butter the loaf or loaves and bake until well browned, 15 to 20 minutes. Indent the top or tops and place 1 poached egg to a portion on top. Dust eggs with paprika and garnish with parsley, serve, and let no man look askance at hash again.

HAMBURGER STEAK

Hamburger steak during the war answered to the name of "Salisbury," at least among the Allies, but despite its rumored German ancestry it never lost its popularity. The steak should be freshly ground from the round of the beef. This supposedly plebeian cut has as fine a flavor as any part of the animal. The "hamburger" is made into balls or cakes, seasoned and often "bound" with a raw egg. The so-called steaks are dredged with flour (optional) and pan-fried in oil and butter, or bacon drippings. In humble homes chopped onions are mixed with the meat or fried onions served on the side. Tomato or mushroom or brown sauce flavored with garlic may be served with the Hamburger steak or various flavorings may be incorporated within the meat cake. Curry is good, says Miss Lord, and she is usually right.

HAMBURGER STEAK DE LUXE, from Devon on the Delaware

2½ lbs. round of beef, chopped
2 eggs
1 small onion, chopped
1 small bottle chili sauce
1 cupful dried bread crumbs
Salt and pepper, *q.s.*

Mold in loaf, spread butter over top, put a little water in bottom of pan and bake until done. About ½-hour in a moderate oven.

Loose ground round of steak may be pan-fried in butter, or butter and olive oil, and used with stuffing or served with the Italian pastes. For stuffing tame ducks cut up olives may be added to the ground meat.

GOULASH

Goulash is a kind of a hash which is made from cooked or raw pieces of meat, beef, mutton or veal. The meat may have been previously cooked or simmered for 2 hours or so with onions and seasoning. Plenty of onions are used and they are generally pan-fried in butter and then the cubed cooked beef or veal or lamb added. Sauté green or red peppers may be added and if paprika be used without stint, the result is called "Hungarian Goulash" or if the French chef puts the mixture in a puff paste patty case he would just naturally call it a "Ragoût."

MUTTON AND LAMB

MUTTON AND LAMB

Mutton as a joint—leg of mutton—is little used in this country, though mutton chops are quite popular. A leg of mutton is roasted in the oven about 15 to 20 minutes to the pound and is served with the pan gravy, usually thickened, and mint sauce or mint or current jelly. Cooked mutton may be cubed and served with curry sauce in a rice ring or with rice, and so may lamb or veal or beef or any other cooked meat.

ENGLISH MUTTON CHOPS

The same man who used to go to the Waldorf to get sirloin steaks because he "couldn't get them at home" will also make the same complaint about English mutton chops. His wife could easily get such chops in Hickville if she would let the butcher (or make him) use about a pound of meat for each chop. The chops should be cut 3 inches thick, a kidney folded with them, and a strip of bacon around the periphery, the whole held together with a piece of string.

The chops are cooked by searing in the broiler and then finished in the oven or they may be done entirely in the broiler if care be taken. They may also be cooked and served on individual planks. Currant jelly may be passed with them or the melted jelly with a very little butter in it poured over them.

LAMB CHOPS

Lamb chops are usually broiled, 3 or 4 minutes to a side or they may be breaded and pan-fried. Small mutton chops are done in the same manner.

Cold mutton or lamb may be made into hash or it may be cut in cubes and served with curry and rice. Cold mutton isn't particularly palatable; the "mutton taste" is something like tallow, so maybe it had better be used to feed the dog.

CROWN ROAST

A crown roast is a circular arrangement of lamb or mutton chops, the ends of the bones pointing upward and the centre of the crown filled with Hamburger steak or sausage meat. The whole thing is baked or roasted in the oven, 1 hour to 1½, according to size; frills are put on the end of each projecting bone and each guest gets a chop with some of the internal mixture.

VEAL

Veal, in this country, because the animal is killed when too young, is not as tender as the "fatted calf" of the European peoples. Though joints or sides of veal may be cooked or roasted as such, the popular way of handling veal is in the cutlet or steak form. Veal cutlets are pan-fried (sauté) or broiled or breaded and fried and should be accompanied by tomato sauce. The "Wiener Schnitzel" of our happy student days was a veal cutlet hammered out thin, breaded and fried and served with a dill pickle and accompanied by many a seidel of Pilsener. One can get Wiener Schnitzel now in New York and Hoboken, but how about the Pilsener beer? "Tempora mutantur"—but many of us do *not* change with them.

VEAL KIDNEYS

Veal kidneys or those of beef, lamb or sheep, are sliced and broiled in a broiler or *en brochette* with bacon, or they may be cut up and pan-fried in butter with onion added, or they may be simmered for 1 hour in brown sauce. It is just as well to let all kidneys soak for 10 minutes or so in salted water before they are cooked. A little chopped parsley adds to the dish, whether it be a sauté or a stew.

LIVER

State institutions where the inmates can't get away, use beef liver for food and trout in fish hatcheries seem to like it, though they can't avoid it either, but to most other persons, "liver" means that from a calf, though chicken livers are also pleasing to the epicure. Calf's liver may be baked whole, or sliced and broiled or pan-fried in butter or bacon fat. The last named seems to be the best method, as no juice is lost. Slice the liver thin, dredge in flour and fry in hot bacon fat, about 3 minutes to a side, turning once. Some chopped onion may be cooked with it and the bacon which provided its fat, drained and crisp, is served with the liver. The liver may be cooked in olive oil and butter and a little more butter, flour and chopped parsley added to make the gravy.

CHICKEN LIVERS

Chicken livers may be stewed in water and then chopped up to add to the gravy with the gizzards which have stewed a bit longer, or the livers may be parboiled

and then broiled *en brochette* with bacon, or they may be parboiled and pan-fried in butter, chopped up and used with an omelet or scrambled eggs.

SWEETBREAD

Probably nobody knows (or cares) how sweetbreads got their name. They are not sweet and they are not bread but they are the pancreas or the thymus gland of the calf. Other animals have them but those of the calf seem to be favored for the table. Sweetbreads are usually parboiled for 20 minutes in salted, acidulated water, or water and wine, and then boiled, braised or fried. Some people cream them but anybody who has ever inhabited a hospital can't stand the sight of "creamed sweetbreads" or anything else served in paste.

Sweetbreads served with new peas or canned *petits pois*, make an admirable entrée.

TONGUE

The tongues of beef, young or old, or sheep, lamb or later, may be boiled, smoked or pickled. Hot tongue is usually served as an entrée with spinach, whereas the cold tongue sliced lends itself admirably to buffet service, sandwiches and picnics. The canned tongue either in tin or in glass is an excellent product for the emergency shelf and shredded tongue goes well in aspic jelly, either in large or in individual molds.

TRIPE

We mentioned tripe once before, so why bring that up again? Tripe can be used but why should it?

PORK

Pork is the flesh of the pig and ham is the smoked hind quarters of the same animal. Fresh pork is cooked like mutton or lamb and the pork tenderloin ("pork goody") is either split and broiled or baked like a beef tenderloin. Pork chops are deservedly popular but are usually atrociously cooked (soaked and fried in grease). They can be quite well digested if properly done.

HAM

Ham is the pig's noblest part, it is the salted and smoked "gluteus maximus" and adjacent muscles; it's the place a pig would sit down on if he could stand up like a man, and strangely enough a ham is "cured" before it is even sick. Hams are cooked whole, boiled or baked, or sliced and prepared in various ways.

BOILED HAM

The ham should be thoroughly cleaned and then soaked in cold water over night, it is then put into boiling water and simmered from 3 to 5 hours, depending upon its size. As a rule it is allowed to remain in the water in which it has been boiled until it is cool. The ham is then skinned and may be used as is or it may now be baked.

Some cooks put wine or vinegar or cider and all manner of seasonings in the water in which the ham is being boiled. It is doubtful if any such additions affect the ham.

BAKED HAM

The ham having had its skin removed, it is ready for the baking process. The fat of the ham is stuck full of

cloves and sprinkled sparingly with freshly ground black pepper. It is then covered with a paste made of brown sugar and honey and baked in a moderate oven for 1 hour. Bread crumbs and sometimes a beaten egg may be mixed with the paste and mustard is not incompatible. Another method would consist in making deep grooves lengthwise in the fat and stuffing the wounds with cloves, peppers, mustard and sugar. (Wasn't this the way "Queenie" on the "Show Boat" did it?) The roast ham is carved crosswise like a leg of lamb. Raw ham may be broiled or pan-fried or braised but so may boiled ham and as the latter takes less time it is easier, if the boiled ham is available.

BAKED SLICED HAM

An inch thick cut of raw ham may be baked or braised with various coatings, usually mustard, pepper, cloves and brown sugar. Sometimes the ham may be covered with slices of orange. Milk is added to not quite cover the ham and it is baked in a moderate oven for 1 hour or 1¼ hours. A little vinegar will pep it up. Boiled sliced ham may be done the same way but from 15 to 20 minutes would suffice. Raw or boiled ham may be broiled or fried and in the famed ham and eggs, the ham is pan-fried in its own fat or with fat added and the fried eggs placed on top. Cubed cooked ham makes a fine addition to scrambled eggs or omelet and an added flavor to other foods; hash, stuffings, etc.

BACON

Bacon may be fried in its own melted fat, and it usually is, or broiled or cooked in the oven on a wire stand. Under the last two methods the bacon will be crisper

and less greasy. Bacon is used very often as an adjunct to other dishes and as a flavoring.

PIGS' FEET

Pigs' feet are usually boiled and then they may be broiled or breaded and fried. They mostly come from the delicatessen store already prepared.

SAUSAGE

Sausage loose or in links is fried in its own fat, and loose cooked sausage is often added to the stuffing for fowls. Poached sausage balls (mixed with egg) will make a tame soup more interesting.

SCRAPPLE

Scrapple, indigenous to Philadelphia, is a sausage meat mixed with corn meal. In winter it is fried for breakfast in the Quaker City. It has less taste than sausage but more than corn meal mush; it's half way between in composition and flavor.

ROAST SUCKLING PIG

The butcher will prepare the pig which should be very young and small, as it is to be roasted whole. Place very little water in pan, dredge pig slightly in flour and roast in a slow oven 20 or more minutes to the pound. Baste often and toward the end rub a little flour and butter over it and the last 20 minutes leave the oven door open. The pig may be stuffed with potato or bread crumb mixtures. Fruit may be added to the stuffing; cut up apples, prunes, raisins and a few marischino cherries will please the children and young adults.

To carve, use a heavy knife and split down the back

and then crosswise, using only a strong man with an even temper. Apple sauce or fried apples just naturally go with pig.

HEAD CHEESE

Head cheese is composed of the meat of a pig's head boiled and cooled in a gelatinous loaf. When the head cheese is pickled in vinegar it is called "soused." When a man gets pickled in alcohol he is also called "soused"; the difference being the pig never recovers, the man may.

COLD MEATS

Cold meats may be used in a variety of ways. They may be sliced and served with catsup or other dressings or they may be re-cooked in goulashes, hashes, ragoûts, or à la King, etc. The less flavored meats like lamb and mutton or beef, naturally need more seasoning, and for these a curry sauce is applicable. Chicken, fish or lobster may also be "curried" and sometimes the curry sauce is merely mixed with boiled rice.

CURRY À LA "COROLLA"

Take 3 tablespoonfuls curry powder (of 3 varieties, if possible), add 5 tablespoonfuls sifted flour previously roasted to a light brown, a scant teaspoonful coarsely ground black pepper and dash of cayenne. Add cupful water to make a smooth mixture and put through a hair sieve. Add this mixture to the cut up meat which has been simmering in 1½ pints of water. Add 2 teaspoonfuls each of Harvey's and Worcestershire sauce, mix and simmer for 5 minutes. Serve with boiled rice ac-

companied with Chutney, Bombay Duck (well dried in the oven) and Pomppadums.

Mr. Arthur Machen, in his introduction to the Centennial Edition of Brillat-Savarin's "Physiology of Taste," gives a method of preparing curry in which the pieces of meat are rolled in curry powder, fried in butter and then stewed in a casserole with onions; the mixture is allowed to cool off over night and is ready to be heated and eaten the next day.

As a rule it is well to have fried (sauté) onions mixed with any curry sauce as the two seem most congenial.

Chapter XIV

On Poultry

Poultry includes the domesticated fowls, as chickens, turkeys, ducks, geese, guinea hens and pigeons. Poultry is cooked by all the usual methods, boiling, broiling, roasting, frying, etc., and it is also used extensively in re-made dishes or dished prepared with previously cooked food; ragoûts, hash, creamed, à la King, croquettes, *et al.* A chicken may be cooked immediately after it is killed (French method) or else hung for two or three days.

CHICKENS

Broilers are chickens under four months. Roasting chickens are called such until they are a year old, depending upon the veracity of the market man. Chickens after a year old are no longer chickens but are merely fowls; they should not be broiled or roasted but rather boiled or stewed. Capons are roosters with hope abandoned; perhaps as a compensation they are usually exhibited in the markets with part of their plumage on.

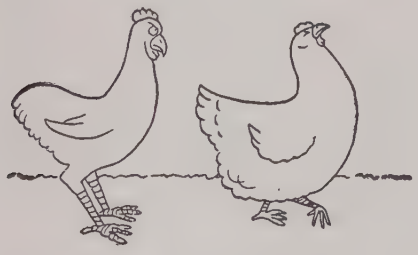
BROILED CHICKEN

Split the chicken down the back, flatten out, dust with salt and pepper, brush with olive oil and broil, not too

fast, perhaps 15 minutes on the inside (which will stand more heat than the breast, as the bones protect the meat) and then 10 minutes on the breast side. Baste with butter toward the end and serve with melted butter and lots of it, and perhaps a few drops of lemon juice. A broiled chicken needs no other sauce.

ROAST CHICKEN

A chicken should be roasted in a moderate oven and



Capons are roosters with hope abandoned.

will take from 1 hour to 1¾, depending upon its size and the heat of the oven. The bird is usually stuffed with bread crumbs, wrung out in milk, poultry seasoning and various other articles, such as mushrooms, cut up onion, sausage meat, chestnuts, macaroni, even popcorn is sometimes used, and oysters, celery or most anything. We mention these things but personally we would prefer to roast our birds without any artificial "innards." A well-basted bird or one roasted with the breast side down needs nothing but its own fat or maybe a little extra butter.

A chicken may be boned before it is roasted. The

flesh is split down the back and the bones are worked out with the fingers, a blunt knife and much profanity. It is then filled out with stuffing or chicken meat from another chicken. It is difficult work and hardly a job for an amateur to tackle.

Brown gravy is usually served with roast chicken. It is made with the pan drippings thickened with flour rubbed up with butter; to it are added the chopped giblets, heart, liver and gizzard previously boiled.

STEWED CHICKEN

Stewed chicken is called "boiled chicken" in most cook books; it is really simmered in slightly salted water for 1 hour or more and served with a gravy made from the residual water, thickened with flour and butter and usually accompanied by boiled rice.

Stewed chicken and waffles for supper have compensated many a Christian family for a hard and austere Sunday in the Quaker City and elsewhere.

To prepare: Dredge chicken (in 8 pieces usually; the butcher will do it) in flour, put in pot with slightly salted boiling water, just enough to cover. Put lid on and simmer 20 minutes to the pound of chicken. Look at it occasionally and remove scum if there is any. When done, probably somewhere between 1 and 1½ hours (a very young chicken may take less, an old tough fowl longer), remove and thicken the water with flour rubbed up with butter. Season with pepper and more salt if necessary. The gravy may be poured on the chicken, on a large platter, surrounded with boiled rice, or it may be passed in a gravy boat; the latter preferable if waffles or flannel cakes are also served. One

could dispense with the rice if wheat cakes or waffles are to be had.

The chicken or fowl may be boiled whole or may be steamed, in which case it would require more time.

Stewed chicken and waffles for supper have compensated many a Christian family for a hard and austere Sunday in the Quaker City . . .

Chicken, which is to be used for salad or any re-cooked dish (à la King, etc.) is usually boiled whole, the water in which it is cooked being kept for soup stock. Later the carcass, feet, neck and wings may be added to the stock pot.

Cooks as a rule use old chickens or fowls for stewing or boiling, but if economy is no object a roasting chicken is to be preferred.

FRIED CHICKEN

Young chicken may be pan-fried or deep-fried. The chicken is cut up as for stewing or if very small it may be split as for broiling and cooked in one or two pieces. It may be breaded or not, as desired, and a split young chicken may be cooked in a large pan in the oven with a lot of butter and frequent basting. This is an easy and a fine way to cook any small bird.

CHICKEN MARYLAND

The Maryland method is to bread and fry pieces of chicken and serve with a white cream sauce. To a chicken stewing in butter in the oven, cream may be added, though a Baltimorean might not acknowledge this as a Maryland method. By any name it's good. A thick brown sauce with cream added, served with the fried chicken, makes "chicken super-Maryland."

FRICASSEE OR BRAISED CHICKEN

Chicken simmered in a white sauce is fricasseed; in brown sauce is braised. Small onions and cubed carrots may be cooked with it. Paprika adds a touch of color.

CHICKEN EN CASSEROLE

To cook slowly any combination of meat and vegetables in a casserole is not far from the best method and chickens are especially adapted to this procedure. Young roasting chickens or old fowls may be used. The young ones if small enough ("Hamburger hens") may be cooked in individual casseroles and so served.

Chickens cooked in casseroles are merely braised, that is, cooked with brown sauce, a little ham or bacon and

vegetables, and are served in the casserole—preferably earthenware—in which they are cooked. The time of cooking depends upon age and size of the chicken. Twenty minutes to ½ hour to the pound would about cover the range.

If very small chickens are used, it would be better to parboil the vegetables before putting them in the casserole.

Carrots, small white onions, sections of celery, peas and potatoes are generally used. Mushrooms and tomatoes may be added.

CHICKEN SOUS CLOCHE

For small parties, breast of chicken may be cooked under glass bells with mushrooms and cream. The chicken is placed on a piece of Virginia ham which in turn rests on buttered toast and the whole baked; cooked chicken, 20 minutes; raw chicken, 1½ hours.

CHICKEN POT PIE

A fricassee of chicken may be put in a deep dish, a pastry dough lid put on and the whole baked in the oven until the pie crust is browned.

Potato balls or noodle balls, previously poached, may be added, and quartered hard boiled eggs. The pastry lid should rest on pieces of chicken, not in the sauce, lest it get soggy.

CHICKEN À LA KING

Chicken à la King is merely cut up boiled chicken (½ to ¾-inch pieces) reheated in a chafing dish with butter, mushrooms, pimentos, seasoning and cream.

The mushrooms are previously pan-fried in butter

and green or red peppers may be used instead of the canned pimentos, but should also be pre-cooked. The chicken, vegetables, seasoning and cream are heated in a double boiler or top of chafing dish over water for 15 or 20 minutes and the whole thickened if necessary with flour or egg yolk. The addition of sherry is appreciated by many. The chicken is served on squares of toast. This is a preparation especially adapted to late suppers or buffet parties.

HOT TAMALE

A hot tamale is a Mexican concoction consisting of ground cooked chicken, boiled rice, boiled corn, and chopped up peppers, the mixture highly seasoned and "baked" or thoroughly heated in the husks of corn.

CHICKEN HASH

Chicken hash is made of finely chopped cooked chicken seasoned with salt, pepper and paprika, sometimes a little cream or white sauce. For breakfast, chicken hash may rest on toast with a poached egg holding it down.

CURRIED CHICKEN

For a change, cooked chicken may be prepared with a curry sauce. The method is the same as that used with lamb or mutton.

CHICKEN IN ASPIC

For summer use, whole boned chicken or cut up chicken in aspic jelly is most acceptable and a mold of aspic lends itself easily to decoration and garnishment. The aspic jelly is made from the chicken stock which

will usually "jell" in itself but may be reinforced with a little gelatine. The gelatine is softened in cold water and then heated up with the stock. The aspic mold may be decorated with slices of hard boiled eggs and truffles, beets, carrots, etc., cut in fancy shapes. A French salad dressing goes well with cold meat.

CHICKEN SALAD

For this, see chapter on "Salads."

DUCKS

Domestic ducks, usually called "Long Island Ducks," are as a rule roasted. They take about the same length of time as a chicken, averaging 15 to 20 minutes to the pound, and may be stuffed with seasoned bread crumbs with the usual incorporated articles, mushrooms, boiled chestnuts, truffles, *pâté de fois gras*, onions, raisins, figs (chopped), or fruit—pineapple, apples, olives, etc.

DUCKS WITH ORANGES

Cover the duck's breast with slices of oranges and add a tablespoonful of the grated rind to the pan and roast as usual. Sliced stuffed olives cooked in the pan with the duck add a distinctive flavor.

SALMI OF DUCK

A salmi (*salmis, salmagundi*) is a dish made of slices of cooked duck heated in brown sauce and, like all re-cooked dishes, should be highly seasoned.

Vinegar, lemon juice, Worcestershire sauce, horse radish, anchovy paste, garlic, or almost any strong seasoning may be used, and ripe or green or stuffed olives

may be cooked with the duck. A glass of burgundy or claret adds a foreign touch to the salmi, or home-made wine might do. Apples, either as apple sauce or fried in butter and sugar, should accompany tame duck, however cooked.

PIGEONS AND SQUABS

Pigeons and their young may be cooked by the same methods as are the members of the chicken family, though as a rule they are only roasted or broiled.

Currant jelly usually accompanies squab or pigeon.

GEESE

Geese are usually stuffed and roasted like chickens, about 20 minutes to the pound.

TURKEY

The turkey is the greatest Roman of them all, and if a big juicy roast turkey isn't man's best food, what is? Only another turkey, and especially if it be a wild one with a bronzed tail.

A big Thanksgiving or Christmas turkey should be roasted, though a small spring or "Vermont" bird goes well on the broiler.

ROAST TURKEY

Rub the turkey's breast well with butter, put 3 or 4 slices of bacon in the pan and roast the turkey 15 to 20 minutes to the pound in a medium oven. Baste fre-

quently and for the last 20 minutes leave the oven door open. A turkey should be well done but not dry. If the turkey is cooked upside down or first one breast down and then the other, the white meat will be more juicy and tender. If the turkey is roasted breast down, it should be "up-ended" or turned right side up and rubbed with flour and butter and browned for its last ½ hour.

Cold turkey is excellent by itself or it may be reheated in various dishes as "Turkey à la King" or it may be made into a salad.

TURKEY STUFFING

The basis of all stuffing for poultry is bread crumbs seasoned with salt, pepper, sage, etc., and having various additions, such as sausage, meat, oysters, mussels, celery, raisins, prunes, bacon, nuts, rice, hominy, onions (of course), lemon peel, anchovies, liver, peppers, etc.

We hold with those who think that a good bird needs no stuffing but if an article of that kind be needed it should be made separately. However, if one wants "inside" information, take 2 handfuls of bread crumbs, season with poultry seasoning (Bell's), add ¼ lb. sausage meat (partially cooked), a beaten egg and butter about as much, 1 chopped onion. Mix a little milk to moisten bread crumbs and stuff turkey with the mixture or bake mixture as a loaf in the oven and serve with the turkey. The gravy for roast turkey is made from the pan drippings, chopped giblets, and thickened with flour. It should not be very thick; the tendency to use over-much uncooked flour in gravy and sauces is to be deprecated. Cooked chestnuts may be added to the stuffing or a chestnut purée mixed with the gravy.

GUINEA HEN

Guinea hens are never quite tame even though raised in a modest farm yard. They are to be cooked like chicken, fairly well done, and it seems ordained that, at least in restaurants, their breasts should rest on a piece of Virginia ham.

The white meat of guinea hen, like the breast of chicken, may be cooked under glass (*sous cloche*) on buttered toast with cream sauce and mushrooms. Young guineas are particularly adapted to broiling, but this is true also of any young bird.

Home raised pheasants are treated like chickens or guineas but should be well basted with bacon drippings or butter as they are apt to be rather dry.

Pheasants and guinea hens may be roasted breasts down and usually have bread sauce passed with them; either bread crumbs sauté in a bit of butter or made into a "pap" with cream. This "pap" sauce is quite commonly served with roast pheasant. Its origin and *raison d'être* are obscure.

Chapter XV

On Game

The name "game" is applied to animals that are killed in their native haunts as contrasted to those which are domesticated or "raised on the farm." According to this definition "Fish" are game, but they are usually treated under a separate heading. "Fish and Game" should really read "Fish and other Game."

Game generally includes all manner of wild birds and such edible animals as deer, moose, elk, bear, as well as the little ones, squirrels, opossum, rabbits, etc. Pheasants are considered as "game" even though a hunter may reinforce his "bag" by including birds whose early habitat was restricted by poultry wire.

There is nothing inherently different in the methods of cooking "game," though as a rule wild animals are not cooked quite as much as tame ones. A "rara avis" may be "well done" when "rare," though a bird with white meat, like a pheasant, should be cooked like a chicken.

SMALL GAME BIRDS

While many of the older cook books contain directions for serving the "trails" of small birds, the modern, and certainly the better practice, is to pluck, singe and draw all birds. The pin feathers are removed by singeing over an alcohol or gas flame and after the en-

trails are removed, it is permissible to wipe out the interior of the bird with a cloth wrung out in hot water. No bird or meat of any kind should be washed *in* water. (This has been said before but cannot be repeated too often.) Small birds may be roasted or broiled or cooked in butter. The very small ones, like reed birds, may be cooked whole in the chafing dish or broiled whole *en brochette* with bacon. Quail, snipe, plover, woodcock, and birds of like size may be roasted in the oven (usually 8 to 12 minutes), basted with butter or draped with bacon, and then served with currant jelly, or they may be split and broiled and served on toast. A quail on toast was the "hot bird" served with a "cold bottle" in the songs of the golden nineties. This usually meant several cold bottles and might have included a "chicken" if we recall the habits and terminology of those happy days. A roast quail may be stuffed with bread forcemeat but it doesn't really need any extra help. Any of these birds, and also the smaller ducks (teal, butter-balls, ruddy, etc.) may be cooked à la Gun Club; that is, split and broiled from 1 to 2 minutes on a side and then finished in the chafing dish in butter and currant jelly. A tablespoonful of butter and 2 of the jelly are melted together and when thoroughly blended the birds are put in. A pinch of cayenne pepper for seasoning and the birds cooked to any degree of "well-doneness" according to taste.

WILD DUCKS

There is nothing better than a roasted wild duck, there is nothing much easier to cook, and yet there is nothing in the cooking art about which there is more

bunk, spoken and written, or as much misunderstanding. A duck should be plucked, drawn, and roasted 15 minutes, that is all one needs to know, but we read in cook books written by well intentioned and otherwise moral women, statements like these: "To remove the game taste from a wild duck, soak it in salt water over night, parboil it ½ hour and roast it 40 minutes to an hour" or "stuff it full of onions to take away (or disguise?) the game flavor." A very nice woman of distinguished literary ability tells how to remove the "objectionable fish taste from wild ducks" by similar devices. Now it is perfectly obvious that these outrageous procedures would not only remove the "game taste" from the ducks, but all other taste as well and, of course, the answer is that only those who like the taste of game should eat game, and everybody ought to know that no fish eating bird should be shot or eaten—except *in extremis*. Of course, if a man were starving in a marsh he could hardly be criticized for shooting a shell-drake or hell-diver or any other animal, but then at that stage of the game he wouldn't worry about the "objectionable fishy taste" or would he consider whether he should serve fried hominy or boiled wild rice with the duck.

The edible ducks, canvasback, red-head, black ducks, mallards, etc., etc., are all broad bill, grass eating birds. They live on wild celery and the natural grasses and vegetation growing in the water, and while they may eat an occasional fish, frog or worm, that is merely sport for sport's sake and gives them no fishy taste. And as for removing the "game taste," which is the epicure's delight, it would be just as sensible to say, when writing of a welsh rabbit, "to remove the strong cheese taste

from a welsh rabbit, add 1 or 2 ounces of tincture of asafœtida or ½ bar of laundry soap."

The moral being, "if you don't like the taste, don't taste it."

The controversial element on the question of cooking

Why not eat it in the blind as our forefathers did in the stone age?

wild ducks has other elements in addition to the game taste or lack of it. The other or "bloody" school is composed of those who like, or pretend to like, a duck practically raw. This may seem "sporty" and we have heard a well-known American Ambassador, a man apparently sane in other respects, say that a canvasback duck shouldn't be in the oven more than 5 minutes! Why bother with the kitchen at all? Why not eat it in the blind as our forefathers did in the stone age? A raw duck hasn't any more game taste than has a duck that

is overdone and while it is difficult to give the exact time of cooking, a duck should be rare but not raw, that is, the meat red but not purple and no free blood following the knife. Fifteen minutes in a hot oven is about the average time for a bird the size of a canvasback or red-head or mallard. Obviously a larger bird would take longer and a smaller bird of course less time, all the way down to a small teal, or a ruddy duck. These latter varieties might well call "hold enough" after 8 to 10 minutes.

There is another factor often overlooked, and that is that not only should the oven be hot before the bird enters but the duck itself should be at least the temperature of the room. To put a frozen bird into a cold oven and then light the gas throws out any calculation as to time required. This, of course, must be considered in any kind of roasting and broiling operation.

CANVASBACK

So then, to roast a canvasback or a red-head or any good duck of similar size, rub a little butter on its breast, put it in the hot oven "as is"—naked inside and out—roast 15 minutes, the door open the last 2 or 3, and serve a breast to a portion. The carcass may then be put through the press and the gravy or juice (*not* thickened) served separately. Wild rice, either boiled and seasoned with butter and cayenne pepper, or fried (à la Corolla, *q.v.*) or hominy grits in fried cakes, or boiled pearl hominy (samp) in the chafing dish with paprika and butter, should accompany the breasts of duck and then the juice from the carcass, and currant jelly optional—well, this and a bottle of Chambertin were "paradise enow."

ROUENNAISE DUCK À LA PRESSE

The *Caneton à la Presse* undoubtedly made Frédéric Delair of the "Tour d'Argent" famous and Frédéric himself with his slanting whiskers and his grand manner certainly contributed in no small way to this restaurant's success and made a visit to the Quai de la Tournelle an essential feature of a trip to Paris. On one's first visit to this little restaurant it was probably quite in order to watch Frédéric carve and press a "Rouennaise" duck and to inscribe its number on one's menu, but after several trips one could do with less "side" or ceremony and the gaping of the visiting tourist becomes rather boring, none of them apparently having ever seen a duck press, before, but why not? There are duck presses in every good restaurant and many other places; it is even possible that there are as many presses, *per capita* of population, in Princeton as there are in Paris, and who should care whether one's duck is number 73,408 or whether it isn't numbered at all? The ducks are pressed and served much the same elsewhere and from the name one might suppose the duck and this method of cooking it originated in Rouen, where at the Restaurant de la Cathédrale, the maître d'hôtel cooks them in the same manner except that he adds nutmeg to the sauce. This is an addition of doubtful value.

The Rouennaise duck looks somewhat like a large overfed tame mallard and it is roasted like any other wild or semi-wild duck, from 15 to 18 minutes. The breast is cut off in slices, carving horizontally toward the sternum (or, lest the reader be confused, the "breast bone") and arranged on a silver platter. The carcass is squeezed through the press and with it a glass of bur-

gundy. The resultant blood and juice are poured over the duck, a little very good brandy added and the platter sizzled over an alcohol flame until the gravy begins to coagulate. The seasoning may be a secret of the "house" but would consist of a little salt and a considerable amount, comparatively speaking, of cayenne pepper. As noted above, some use nutmeg and maybe Frédéric did, but, alas, Frédéric has left this vale of tears (though there were few tears in the Tour d'Argent through all its 348 years) and this little restaurant has now taken in the corner house next door and perhaps the numbers on the menu, already a hundred thousand, are mounting rapidly. (It wouldn't be fair to leave the reader with the idea that ducks are the only food served at the "Tour d'Argent"; it is one of the very best "kitchens" in the world and for some of its specialties see *Where Paris Dines* by Julian Street, pp. 33 *et seq.*, and Newham-Davis' *Gourmet's Guide to Europe.*)

WILD GOOSE

Wild geese may be cooked like their tame cousins or like young turkeys, 12 to 15 minutes or so to the pound; better done than ducks. They may be steamed 1¼ hours and then finished in the oven with a rubbing of butter. They require no stuffing. Currant jelly is usually served with them.

PARTRIDGE, SPRUCE HENS, PHEASANTS

Partridge, spruce hens, pheasants and other large game birds are cooked in the same manner as are guinea

hens or roasting chickens. They may or may not contain stuffing and as they are apt to be dry it is allowable to cook with bacon basting their bosoms.

VENISON

Venison is the flesh of the deer and due perhaps to the romance of its pursuit or the "tang" of the woods, it is greatly over-rated as food. It is cooked in the same manner as a sirloin steak but has less natural flavor.

Venison chops may be broiled like lamb chops or both they and the steaks may be cooked after the Gun Club method, as follows: Take small steaks or chops about ½-inch thick, sear them in the broiler, 1 or 2 minutes on each side, finish in chafing dish in melted butter (1 part) and currant jelly (2 parts), a dash of cayenne pepper and a glass of sherry; the wine gives a bit of éclat to the dish and the host should add zest by recounting the hardships of the hunt or how he was snowbound in the Adirondacks.

REINDEER

Reindeer meat is now on the market coming from domesticated herds, so it can no longer be classified as game. It should be cooked like roast beef or steak and is not so bad at that. Moose would naturally have the same treatment and no doubt caribou is equally edible, but then, of course, there's a lot of trouble in getting one's caribou, they are so notoriously elusive, and the cooking would be the easiest part.

WALRUS

The Esquimaux prepare walrus meat by hanging it in the sun for a day—and the days are six months long; it needs no further cooking and is usually served with raw blubber. This may seem un-civilized but then the gentleman from Limburg need not laugh too heartily, his favorite cheese would resemble the walrus, in the dark, and instead of blubber, he eats raw herring and uncooked Westphalia ham.

SMALL GAME

Rabbits, squirrels and other small game are cooked like young chickens, broiled, fried or stewed. In camp these animals lend themselves particularly to the stew pot and with other "chunks" of game and vegetables make the famous "mulligan."

HASENPFEFFER

Hasenpfeffer is a hare (wild or tame) stewed in brown sauce with a lot of pepper and some vinegar added. Sometimes horse radish is incorporated in the gravy.

Chapter XVI

On Salad

There seems to be some difference of opinion as to just what the word "salad" means. Some claim that the green leaves, such as lettuce, endive, etc., are the "salad" whether dressed or not, while others think that it is the finished mixture which makes a salad. The derivation of the word helps not at all, for it simply means "to salt" (*salare*).

For convenience' sake and not that it is of any importance, we shall assume that the combination makes the "salad," for otherwise how could there be a "lobster salad"; it has no green leaves *per se* and although it may rest on spreading lettuce, it, in itself, is nothing but lobster meat dressed in mayonnaise. Suppose then we say that a basic salad is a preparation in which cold food is dressed with a combination of an acid and an oil —an emulsion in fact—and seasoned with salt and pepper. The acid may be acetic (vinegar) or citric (lemon juice) and the oil is or should be a vegetable oil (olive, cottonseed, corn, nut, etc.). We have heard of some health fans using mineral oil (Nujol) in a salad but this is a practice hardly within the scope of this book.

The oil, preferably that from the olive, and the vinegar or lemon juice are used in two methods of combination, thin, as in French dressing, and thick, as in mayonnaise, where raw egg yolks bind the oil and acid

in an emulsion. In a "boiled salad dressing" the materials are held together by boiling. Such a method makes the dressing more stable but less palatable than in uncooked mayonnaise.

SALAD DRESSINGS

French dressing and mayonnaise are the accepted bases for almost all salad dressing, and to either of these may be added other materials such as catsup, chili sauce, mustard (either dry or prepared) and various flavorings, onion, garlic, tarragon, etc., which may be in the vinegar or added separately.

FRENCH DRESSING

French dressing, so called, is a well mixed combination of 1 part vinegar, 3 or 4 parts olive oil, salt and pepper. It should be thoroughly mixed, that is, until an emulsion is formed. Shaken in a cocktail shaker is a good method or in a Mason jar if the aforementioned "shaker" be not available. The amount of seasoning is usually a personal matter but should be plentiful.

Half to ¾ of a teaspoonful of salt to a pint with ¼ teaspoonful pepper (red and black mixed) might be used as a starter. A teaspoonful of sugar to a quart of dressing will help bring out its flavor and, as noted above, mustard is optional. The vinegar may be flavored with onion or garlic or these perfumed flora may be used separately; the onion presented finely chopped or represented by its juice alone, and a cut garlic clove rubbed around inside the salad bowl would be sufficient to the day.

Chili sauce or catsup may be added to the dressing in

varying amounts and such a combination seems to go particularly well with endive and some other salads. When French dressing is to be used as a "marinade" an equal quantity of vinegar should be added.

MAYONNAISE

In a mayonnaise dressing the oil is made into an emulsion by mixing with raw egg yolk. This makes a thick and colorful dressing which goes especially well with cold meats, fish, lobster, etc. Mayonnaise is also used as garnishment and may take the place of the beaten egg in frying (fried oysters, scallops, croquettes, etc.). The method of making mayonnaise is to add slowly—very slowly at first—oil to beaten egg yolk, mixing continuously and thoroughly the while. A single yolk will emulsify a pint of olive oil but two yolks to this amount would make it surer and lessen the cook's anxiety. All the articles should be cold; eggs, oil (not too cold or it will not pour) and instruments. In modern kitchens mayonnaise is made in a mechanical mixer and anybody who has made a gallon of mayonnaise in 10 minutes in a "Kitchen Aid" or any other good electrical machine, would never go back to the hand methods of our forefathers.

This is especially true on a hot August day and these excellent electric devices serve many other purposes; in fact, electricity has made kitchen work almost a pleasure.

The procedure: Put the beaten yolk in the cold receptacle, turn the beater on in high speed, drop in a few drops of oil, then a few more, and after 2 or 3 teaspoonfuls have thus been added, let the rest run in in a tiny stream. When the mayonnaise begins to thicken

dash in a few teaspoonfuls of vinegar or lemon juice and thus keep it at the proper consistency. The condiments and flavoring may be added at any time during the process. Paprika gives a rosy hue and vegetable dyes may be used for any desired color; spinach juice for green, etc. When the mayonnaise is to be used with meat (chicken salad, etc.) mustard is mixed in it and sometimes, to make special dressings (Russian, Pompadour, etc.), chili sauce even up to a quantity equal to the mayonnaise may be added. Chopped up chives, capers, pickles are often incorporated to make special sauces, as "tartare" and the like. While other vegetable oils may be used, olive oil is much to be preferred in salads, or in any dish when the oil is to be consumed. Sometimes so-called mayonnaise is made with hard boiled mashed up egg yolks and cream; there's no harm trying it.

LETTUCE SALAD

The simplest salad is made with lettuce leaves and French dressing. The lettuce, as always, should be cold, crisp and dry. The leaves are placed in a bowl, sprinkled with lemon juice or vinegar, whichever is used in the dressing, and the French dressing is then mixed in. The reason for the initial sprinkling is to get the acid in actual contact with the lettuce before the oil is applied. Romaine, watercress, endive, or any other greens may be used instead of lettuce leaves.

In using the so-called "hearts of lettuce," the head of lettuce is cut into quarters, each quarter representing a portion. A "heart of lettuce" with a dab of imitation mayonnaise is all too often called a "salad" at business men's luncheons and even in many a happy home. It

would be a better luncheon and a happier home if the lettuce leaves were separated and well mixed with a freshly prepared dressing.

With a lettuce salad almost any additions are allowable; it would be out of the question to describe all the

A "heart of lettuce" with a dab of imitation mayonnaise is called a "salad" at business men's luncheons . . .

permutations and combinations, and sometimes it is hard to differentiate between a garnishment and an ingredient. The principal additions to a plain lettuce salad are *eggs,* hard boiled and either cut in pieces or grated; *cheese,* as cheese balls, dusted with paprika, usually cream cheese, or rubbed up in the dressing (Roquefort, Gorgonzola, etc.); *tomatoes,* usually raw and sliced; *fruit,* apples alone or with celery (Waldorf salad), oranges, usually the segments, grapefruit, grapes, the large ones with skins and stones removed; *vegetables,* previously cooked and either cut into julienne or fancy

shapes; onions, raw, thinly sliced or the very small picked variety, beets, potatoes, cabbage (cole slaw), peppers, green and red, pimentos, parsley, as a garnish, or chopped and mixed in, truffles, usually to garnish mayonnaise masks, watercress as the main part of the salad or mixed in, olives, the large stuffed ones, sliced, etc., etc. The meat and fish salads are usually coated with mayonnaise and admit of fancy garnishment—vegetables, truffles, radishes, olives, eggs cut in fancy shapes.

This is also true of the aspic molds where the garnishing materials are arranged to smile in various colors and shapes through their transparent prison.

The salads made of greens and vegetables require little garnishment, they are sufficiently decorative unto themselves. Nuts are often added but somehow they seem a trifle out of place.

CHIFFONADE SALAD

Chiffonade is a salad made from strips (rags?) of vegetables and lettuce, romaine, endive or celery, beets, in fact, anything the larder provides. It usually has a grated hard boiled egg in it and a French dressing with a higher percentage of vinegar than usual.

COLE SLAW (NOT COLD SLAW)

Cole slaw is made of cabbage cut in fine strips and mixed with a cooked dressing. Stir 1 to 1½ eggs in a double boiler with ½ cup of cream, salt, pepper and mustard until mixture begins to thicken, then add, stirring the while, ⅓ cup of hot vinegar. Two or 3 teaspoonfuls of sugar, optional. Mix when cold with the cut or shredded cabbage. It may also be served hot.

ALLIGATOR PEAR SALAD

In South America, the home of the Avocada, the pulp of the pear is frequently mixed up with port wine, ground pepper and possibly sugar. It makes rather a poor mess and it is really better to open up the pear lengthwise, remove the stone and fill the cavity with French dressing. Alligator pear goes well with other combinations, for instance:

ALLIGATOR PEAR AND CRAB MEAT

Cut alligator pears in cubes, add equal quantities of crab meat and mix with Russian dressing (with or without chopped chives). Serve in the pear "shells." Lobster could be used instead of crab meat; in fact, many combinations would suggest themselves to an imaginative cook.

WALDORF SALAD

Waldorf salad is composed of one part cut up raw apples and one part cut up celery, the two mixed with mayonnaise and served on lettuce.

POTATO SALAD

Potatoes boiled (not too soft) are cut up into cubes or sliced (the pieces should be sizeable), cut up onions, "to taste," and they do taste, are added and a mayonnaise dressing. Potato salad is the delight of the delicatessen store and goes well with all cold meat dishes ("kaltes aufsnitten"). Dill pickles should be cut in strips and draped around the dish.

MACARONI OR SPAGHETTI SALAD

Cold macaroni or spaghetti with a mixture of mayonnaise dressing and creole sauce makes an unusual but fine salad on a hot day (see "Cold spaghetti," Chap. XII).

CHICKEN SALAD

No other salad has succeeded chicken salad in popular esteem. Everywhere, in church suppers, and in barroom lunches, it has held the place of honor. Chicken salad with its accepted and acceptable colleague, the fried oyster, has long been considered pre-eminent "party food" in Philadelphia and Baltimore, which cities yield to no others in culinary appreciation. To make it (as if any one didn't know how!): Cut up cooked chicken in pieces, not too small. Add about half the quantity of celery cut in ½-inch pieces, mix with mayonnaise, place on lettuce leaves, mold in a smooth mound, cover with mayonnaise, dust with paprika and garnish at will.

TURKEY SALAD

Turkey salad is made the same way as is chicken salad only using the bigger and better bird.

LOBSTER SALAD

Lobster salad is merely the boiled lobster meat cut up and mixed with mayonnaise. It is served on lettuce leaves; sometimes shredded lettuce is incorporated with it. It is masked with mayonnaise and garnished as desired. The lobster coral and shrimps may be used as decoration and around the periphery of the platter, the

small red claws of the lobster add a pertinent touch and give assurance that fresh lobster has been used. Crab meat and shrimps are used in making salad in the same manner as is lobster meat. Cut up celery may be added to lobster or crab salad.

COLD MEAT SALADS

Cold meat preparations, usually in jelly or aspic or in gelatinous mixtures may be served with French dressing or mayonnaise.

COLD FISH SALAD

Cold boiled fish, especially a salmon, is served masked with mayonnaise and appropriately garnished or in aspic jelly with either French dressing or mayonnaise. Either dressing may be used with any aspic dish. A heavy salad—meat, fish, lobster, etc., with mayonnaise, makes the main course of a meal, whereas a light salad with French dressing would simply serve as a course or could be served with the roast at dinner.

CELERY SALAD

Cooked celery salad à la Shelbourne, see under Vegetables, Chap. XI.

Chapter XVII

On Sauces

Sauces (like salad, derived from the word "to salt") serve several purposes; they moisten dry foods, they enhance the flavor of good dishes and they substitute flavor in foods which have little taste in themselves, and last, but not least perhaps, they make the reputation of a chef who invents them. Sauces may be hot or cold (*e.g.*, Hollandaise and mayonnaise) and a hot sauce must be kept hot and a cold sauce cold; in any culinary lexicon there is no such word as "lukewarm."

Generally speaking, butter is the base of a hot sauce and oil of a cold one, and while hot sauces are divided into "white" and "brown," the brown sauce is made in the same general manner as the white, except that the flour in it is cooked more and meat stock is used instead of milk. The base of a hot sauce is butter with flour cooked in it and this is what the French call a "roux." Roux may be "white" (a misnomer, since the word means "red") or "brown" and they are usually made by cooking flour in an equal or larger amount of butter; in the white roux, the process is stopped before the flour becomes brown. Salt and pepper may be cooked with the roux or added when the final sauce is being made.

Cancel, in his *Encyclopedia of Modern Cooking*, says there are three kinds of sauces not counting the "neutrals," Espagnole, a brown roux moistened with

meat juice (preferably veal), Velouté (velvety), made the same but of white roux, and Béchamel, which is only a Velouté with added cream. The Neutral sauces, according to this same authority, are those without meat juice (Hollandaise, Béarnaise, Bread, Horse Radish

. . . last but not least . . . they make the reputation of the chef who invents them.

and Mayonnaise). Brown sauce may be flavored and colored by adding a "Mirepoix," which is a concentrated vegetable extract colored with caramel. "Kitchen Bouquet" is a commercial bottled mirepoix and serves the purpose well.

WHITE SAUCE

White sauce in spite of its name is the *bête noir* of cooking. It's one of the principal culinary tests, for while a good cook may do it well, an ordinary cook

seems to think that white sauce and parlor paste are synonymous. The trouble is that flour should never be served raw but turns brown easily when cooking, so the difficulty in white sauce is to keep it white and at the same time to cook the flour sufficiently. Hence great care should be exercised in the preparation of this sauce, and care is usually absent. The cook books are largely to blame for making it appear so simple "stir a cup of milk into a white roux until thick" and there you are (or are not!). As the home kitchen would not keep "roux" on hand, the white sauce is made from the beginning in a saucepan or in a double boiler. It may be safer to cook the flour, butter and milk for 10 to 20 minutes in a double boiler (never less then 10, the water beneath being highly salted to permit a rise in temperature over boiling point—about 220° instead of 212°F.) but the better cooks and those who make white sauce most often, use the old family saucepan—else why would it (the saucepan) be so named?

So now put the butter in the pan, when it melts sprinkle in the sifted flour, stir and keep stirring and when thoroughly blended pour in the milk, or milk and cream, or all cream, slowly and don't stop stirring. If the milk is previously heated its advent will not be such a shock to the butter and flour. Let it boil 3 minutes or so and mind what we say about stirring, and then it may rest on the back of the stove, but by no means to cool, for 10 or 12 minutes. The salt and pepper may be put in any time during the stirring period and, of course, the ubiquitous onion, either chopped and fried in the butter—limp but not brown, or grated, or just the juice, is always in order.

White sauce may be thin, medium or thick, depend-

ing upon what it is to be used for. A very thick sauce is used for binding the materials in croquettes or anything that needs to hold its shape. A thin white sauce would have a tablespoonful of butter and a tablespoonful of flour to a cup of milk or milk mixture; a thick sauce would have as much as four tablespoonfuls of flour and butter each to the cup of milk; when cold it could stand alone. The amount of seasoning would be the same in all grades of thickness. (See *Everybody's Cookbook*, p. 537.)

White sauce for fish may be made with court bouillon instead of milk (*vide* under "Soup").

BROWN SAUCE

In making brown sauce the flour is cooked in the butter until it is brown and meat stock is used instead of milk. It does not require so delicate a touch as does white sauce but it must not be allowed to get lumpy.

GRAVY

Gravy is a brown sauce made with pan drippings which contain butter and other fat, flour is cooked in, and as a rule hot water is used instead of stock. The gravy is usually made in the pan in which the roast was cooked. Too much grease must not be used; half or third of a cupful of the residual oil is more than enough for any roast and this with 2 tablespoonfuls of flour and 2 cups of water would be about the correct proportion. The gravy should not resemble a purée or a paste. The giblets of a bird are usually chopped and added to the gravy; they should be previously boiled until soft.

BÉCHAMEL SAUCE

A béchamel is a white sauce with cream or half cream and half chicken bouillon.

BERCY SAUCE

A sauce Bercy is a brown or white sauce flavored with shallots and parsley, lemon juice and white wine.

BÉARNAISE SAUCE

Béarnaise sauce, often served with beefsteak, is a butter sauce flavored with onion or garlic, pepper, salt, nutmeg (very little, if any) and tarragon vinegar.

BUTTER SAUCES

Butter sauce may be merely melted butter with onion or garlic, mustard, anchovy paste, or any other flavoring added. *Drawn butter* is made of butter, flour and seasoning, cooked in boiling water for 10 minutes. Melt ½ cupful of butter, mix in 3 tablespoonfuls flour, salt and pepper, and 1½ cupfuls boiling water. Boil 10 minutes.

BEURRE NOIR

Butter is browned in a pan and then salt and pepper (quite a bit of pepper) added and either vinegar (tarragon or plain) or lemon juice. Chopped parsley or chives, onions and sometimes anchovy may be used. Black butter is a highly flavored sauce and is used with eggs or calves' brains or with food which has little inherent taste.

MAÎTRE D'HÔTEL BUTTER

Maître d'hôtel butter is a mixture of lemon juice (a tablespoonful), and chopped parsley (2 teaspoonfuls), to a cup of melted butter. The butter may be allowed to harden, cut in cubes or rolled in balls and served with fish or it may be used as a hot sauce.

BUTTER AND BACON SAUCE À LA GUN CLUB

To melted butter add lemon juice, chopped parsley, pepper and finely chopped cooked and well drained bacon. The bacon must be dry and crisp, and about a tablespoonful to a cup of butter with a tablesponful of lemon juice and a teaspoonful chopped parsley would be about right. Salt is hardly necessary but may be added. This mixture goes well with roast oysters or clams.

BUTTER AND CHILI SAUCE

Melted butter mixed and heated with an equal amount of chili sauce, and finely chopped parsley (teaspoonful to a cup) is the sauce used with Lobster à la Paul. The Gun Club adds either lemon juice or Worcestershire sauce to this mixture.

ONION JUICE

Onions may be chopped and fried in the butter in the making of brown sauce, or they may be finely chopped and added to the sauce or their juice may be used alone, or they may be sliced and cooked in white stock and the sauce thickened with white sauce (soubise) or onion salt may be used to flavor any sauce.

BORDELAISE

A Bordelaise sauce is a brown sauce flavored with onion, parsley and tarragon and to which claret has been added. If the claret isn't good it will not help the sauce and if it is, why waste it that way?

BREAD SAUCE

Bread crumbs may be fried slightly in butter and served dry (with roast pheasant) or they may be heated up with a highly seasoned white sauce. This makes the "pap" mentioned under "Game," Chap. XV.

CURRANT JELLY SAUCE

One-third butter and two-thirds currant jelly with salt and cayenne pepper make a sauce for game.

CHESTNUT SAUCE

A purée of chestnuts (boiled and mashed) may be added to a brown sauce, the amounts about equal and the mixture heated.

CHEESE SAUCE OR SAUCE MORNAY

Sauce Mornay is merely a rather thin white sauce with grated cheese added and melted in it. Gruyère or Italian (Roman or Parmesan) or the two mixed are generally used.

CAPER SAUCE

Capers added to a thin white sauce are often served with boiled fish or mutton, that is, by those who like boiled fish and mutton with caper sauce.

CURRY SAUCE

Sauté a chopped onion in a mixture of 1 tablespoonful of butter and ½ tablespoonful of olive oil; add a tablespoonful of curry powder mixed with 2 tablespoonfuls of browned dry flour. Cook for a few minutes and dilute to required thinness with hot water or meat stock. This makes the base for any curry.

DEVILLED SAUCE

Any sauce which is strongly seasoned with mustard and Worcestershire sauce may be said to be "devilled."

HOLLANDAISE SAUCE

Cut up ½ cupful butter, add tablespoonful of boiling water, cream butter thoroughly, add tablespoonful lemon juice and the yolks of 4 eggs, salt and pepper and paprika, beat up well and keep stirring in a porcelain double boiler. When it is thoroughly heated it is done and should be fairly thick. If it gets too thick, add a little cold water and beat with an egg beater.

MAYONNAISE SAUCE OR DRESSING

See under "Salad," Chap. XVI.

SAUCE TARTARE

Mayonnaise containing chopped sour pickles, capers, olives, parsley, and chives is called "sauce tartare." It is usually served with fried scallops, soft shelled crabs and such food.

MINT SAUCE

The usual mint sauce consists of chopped mint leaves which have been soaking in vinegar. Sugar, tablespoon-

ful to the cup of vinegar, and lemon juice, the same amount, may be added. The sugar is dissolved in the hot vinegar. A mint sauce may be made without vinegar by heating together equal parts of chopped mint, orange juice and lemon juice with some granulated sugar, about a tablespoonful to the cup of the fruit juices.

MUSHROOM SAUCE

Cook chopped mushrooms in butter and then make a white sauce leaving the mushrooms in it, or fry mushrooms in butter and then make a brown sauce over them.

SPANISH SAUCE

A Spanish sauce is a brown sauce with sauté green or red peppers and onions, and usually assisted with a tomato purée. A Creole sauce being a direct descendant from the Spanish, varies little from its ancestor. In its native country a Spanish sauce would be flavored with garlic.

TOMATO SAUCE

A tomato sauce may be anything from a can of Campbell's soup to an elaborate demi-glaze with innumerable ingredients. Perhaps the easiest way to make a tomato sauce would be to stew down for an hour or so raw tomatoes together with seasoning, salt, pepper (black and red), cloves, mace, bay leaf, onions, garlic perhaps, with or without green peppers. After it is reduced about half, strain. When needed, the sauce is thickened with flour and butter in the usual manner.

VINAIGRETTE SAUCE

Vinaigrette sauce is in the nature of a French dressing with more vinegar added. It has the same seasoning as French dressing and may contain also chopped pickles, peppers, pepper corns and parsley. The vinegar and oil are in about equal quantities. A dash of garlic vinegar may be used. Garlic vinegar is made by heating crushed garlic in vinegar. The garlic may be left in the vinegar for a few days.

MISCELLANEOUS SAUCES

APPLE SAUCE

Apple sauce is not a sauce in the generally accepted use of the word as it is eaten separately. Use the best tart apples. Cut up apples, leaving skin on, and add to each quart of apples, 1 cup of water and boil until apples are soft, about 20 minutes on the average, put through a strainer and add ½ to 1 cup of sugar and 2 or 3 tablespoonfuls of lemon juice, keep hot and stir until sugar is melted and mixed. Add a handful of seeded or seedless raisins, previously softened in hot water. Serve cold. Cinnamon and nutmeg may be added.

HONEY AND BUTTER SAUCE

Mix 1 cupful of heated strained honey and one-third cupful melted butter and if it is to be used with French pancakes (crêpe Suzette, *et al.*), add tablespoonful Jamaica rum or orange curaçao.

As a rule, the formulæ in old cookery books have only an academic value, but Major Hawker in his *In-*

structions for Young Sportsmen, London, 1816, gives a game sauce which seems pretty good even yet. It is as follows:

"Recipe for Sauce to Wild Fowls"

Port wine or claret, 1 glass
Sauce à la Russe (the older the better), 1 tablespoonful
Catsup 1 tablespoonful
Lemon juice 1 tablespoonful
Lemon peel 1 tablespoonful
Shalot (a large) 1 sliced
Cayenne pepper (the *darkest* not that like brickdust) 4 grains
Mace 1 or 2 blades

"To be scalded, strained and added to the mere gravy which comes from the bird in roasting. To complete this, the fowl should be cut up in a silver dish that has a lamp under it, while the sauce is simmering with it" (perhaps on his grand tour, he dined at the Tour d'Argent).

A Mrs. Haines has modernized this sauce (according to Major Pollard in his *The Sportsman's Cookery Book*) by substituting Escoffier's Sauce Diable for the Sauce à la Russe and adding a tablespoonful of mushroom catsup and two cloves. Major Pollard's book is well worth pursuing further.

Chapter XVIII

On Pastries & Desserts

This will be a short chapter, for in the matter of bread stuffs, pastries and desserts, the Gun Club has had little experience. It has made an occasional ice cream and water ice, one or two varieties of pies, a fritter (or should it be spelled "friture"?) or so, and once a chocolate éclair was attempted. The result of this last experiment was rather odd and could hardly have been identified for museum purposes. However, small pancakes (crêpes) done on an electric griddle have been quite a specialty and so we shall let méringue glacé be only a name and "floating island" drift whither it will; with ice cream, pie and pancakes for dessert, we'll call it a day.

BISCUITS

Biscuits are not exactly desserts, in fact very small ones about the size of a nickel can be quite *au contraire* and with butter and chopped bacon inserted, make appetizing hors d'œuvres. They are made with a cupful of flour, 2 teaspoonfuls baking powder, ½ teaspoonful salt, tablespoonful melted butter and milk *q.s.* to make a dough. Roll out to ½-inch and cut to size, ⅝ to ¾-inch for appetizers and 2 to 2½ inches for the table. They should rise up and brown in a hot oven in a dozen minutes.

POPOVERS

Take an egg which should be fresh and beat up the white stiffly, mix the yolk with a cupful of milk. Add a teaspoonful baking powder and ½ teaspoonful salt to a cupful of flour, then mix in the milk to make a dough —more or less milk is required, then the beaten white of egg and bake in "gem" pans in a hot oven. They should "pop over" in 12 to 15 minutes. This is a small amount but there's a reason; there will be no great loss if they have to be thrown out.

CORN BREAD

Corn bread is especially acceptable on cold winter mornings and in the camp. It is easier made than regular bread and will absorb a lot of jam or maple syrup. Sometimes the corn meal is cooked first in a double boiler for 10 minutes with sugar, salt, milk and shortening but usually, as everybody is in a hurry, the bread is all made at once.

Mix well 1 cup of corn meal with ½ cupful of wheat flour, 2 teaspoonfuls baking powder (double acting, like Calumet), a teaspoonful each of salt and sugar; add enough milk or hot water to make a dough and 2 beaten eggs and a tablespoonful of melted butter or vegetable oil and butter mixed. Bake in a hot oven in a greased pan—dough about 1½-inch thick. Should be done in 20 minutes.

Corn pone, ash bread, hoe cake, Johnny cake are all emergency corn "breads" made with corn meal, salt, shortening and hot water to make a dough. They may be useful in camp but need not concern us here.

Spoon bread is a soft corn bread usually eaten from the pan in which it is baked. It may have boiled hominy or rice in it.

There's hardly any use in trying to bake "regular" bread in the home. Better bread, put up in waxed paper, comes from the shops; it may now be had already sliced.

FLANNEL CAKES, BUCKWHEAT CAKES AND FRENCH PANCAKES

Wheat pancakes or "flannel" cakes are even yet the great American breakfast food and even though the patent cereals have supplanted them to some extent, griddle cakes are eaten with relish and maple syrup by countless thousands. It's a wonder Americans—those from the U. S.—ever survive their breakfasts, for the fast is not only broken, it's overwhelmed. Buckwheat cakes with butter and syrup would make a whole meal in themselves but are they allowed to? They are not. With them is usually supplied ham and eggs, coffee with sugar and cream, hot rolls and jam, fruit, and maybe for the growing father, cereals with cream and sugar—and so to business!

But let's get to the cakes: Beat the yolks of 4 eggs, milk 1½ quarts (approximately), 1 quart flour, 1 teaspoonful salt, tablespoonful of sugar, ½ cup of melted butter, 2 or 3 teaspoonfuls baking powder (mixed with the sugar and salt in the flour) then the whites of the eggs beaten to a froth. If cooked on an aluminum griddle no grease is needed, if on soapstone (the older generation of cooks will use no other) rub on a drop or so of olive or vegetable oil.

Sour milk may be used instead of sweet milk, in which case substitute bicarbonate of soda for the baking powder.

BUCKWHEAT CAKES

Buckwheat cakes can be made in the same manner as flannel cakes, using two-thirds buckwheat and one-third corn meal or wheat flour. The old-fashioned buckwheat cakes were made with a batter raised with brewer's yeast. A little residual batter ("seed") was kept in the bowl to propagate its yeast and thus the batter kept going all winter. Molasses was often used in place of sugar and great emphasis was placed on the fact that the buckwheat must be "water ground." Why the flour was better because the millstones were turned by falling water rather than by other motive power, no one has explained and the buckwheat has been strangely silent on the subject. However, nowadays there are no brewers (theoretically) and so no brewer's yeast, and, anyhow, nobody would take the trouble or time to nurse a batter through all the long winter and so the old-fashioned method is of historical interest only.

The Sprenger Food Company of Lancaster, Pa., makes "new-fashioned" buckwheat which is just as good as any old-fashioned water ground variety and has (so the company says) less sand in it.

Butter and maple syrup are usually served with breakfast cakes, though any jam or jelly or sweet mixture may be used. Butter with cinnamon sugar or maple sugar or hot strained honey with melted butter mixed with it (¾ honey, ¼ butter) or any such sweetening is quite in order. When "flannel" cakes are served at supper or dinner with roast or stewed

chicken, the gravy from the fowl goes well with the cakes.

Boiled rice or boiled hominy grits may be used with the flour in making cakes and sometimes dried currants or chopped raisins or blueberries are added to the batter. The griddle must be quite hot before pouring the batter.

WAFFLES

Waffles are non-skid griddle cakes and are made of practically the same batter as the pancakes. They may be made a bit richer by using an extra tablespoonful of butter and an extra egg in the batter. All the sweet mixtures applicable to wheat cakes may be used on waffles. The waffle iron should be kept very clean and dry and if made of aluminum will need no oiling. Like the griddle, it should be well heated before the batter is poured on.

FRENCH PANCAKES (Crêpes)

Pancakes for dessert are made with a thinner batter than breakfast cakes and are smaller. They are, as a rule, rolled with jelly or jam or honey or fruit and sugar, or any sweet mixture may be spread upon them. These pancakes may be made with a wheat flour batter or flour mixed with boiled rice (the rice having been put through a sieve).

A simple French pancake batter would consist of 1 egg to a cup of flour, ½ tablespoonful of shortening (butter or olive oil or half of each or a vegetable oil) and a pinch of salt, and milk to make a thin batter. This might be amplified with a teaspoonful of baking powder, and sugar, ½ tablespoonful to the cup of flour.

CRÊPES À LA GUN CLUB

2 tablespoonfuls butter
2 tablespoonfuls sugar
2 teaspoonfuls baking powder
2 cups of flour
2 eggs
½ teaspoonful salt
1 teaspoonful grated orange rind
Milk and orange juice mixed half and half
q.s. to make a thin batter

Make a batter with all the ingredients except the whites of the eggs. Beat these separately and add when batter is mixed.

Serve the cakes in small stacks, four or five to a portion, and on each cake spread a honey and butter mixture—1 cup hot strained honey and ¼ to ⅓ cup melted butter well mixed.

To this add, just before using, a tablespoonful of orange curaçao or Jamaica rum.

These cakes may be rolled with orange marmalade or any jam or jelly inside. The marmalade would preserve the orange motif.

CRÊPES SUZETTE

Crêpes Suzette are made in various ways and are usually made at the table, the head waiter cooking them and basting them with the blazing sauce, the principal ingredient of which is orange curaçao. This makes a fine effect, shows the host to be epicurean minded and probably improves the taste of the pancakes. The batter is composed of flour, sugar, eggs, whipped cream

and milk, salt and ground up macaroons and is "perfumed at will" with cognac, orgeat, rum or other liqueurs, so says Monsieur Montagné, and no one knows better.

The cakes are spread with a mixture of butter, powdered sugar, orange curaçao and the juice of a mandarin. (Those interested in originals are referred to the most excellent work *Le Grand Livre de la Cuisine* by Messrs. Montagné and Salles.)

If ground-up macaroons were added to the batter in the crêpes à la Gun Club, Suzette might at least regard them with a friendly eye. This might be a good way to use up stale macaroons after a party. The orange juice and grated rind are used at the Gun Club due to the scarcity of curaçao.

GERMAN PANCAKES

As differs the Teutonic nature from its Gallic neighbor, so is the German pancake larger, thicker and more ponderable than is the dainty Crêpe Française. For one pancake, beat up very much 4 yolks of eggs, mix with 4 tablespoonfuls flour and a pinch of salt with 4 tablespoonfuls of milk, then the beaten whites of the eggs. Pour in a greased baking dish and bake 20 to 30 minutes. Spread with butter and jam, und dann muss man essen so bald wie möglich.

DOUGHNUTS

Doughnuts are made of dough fried in rings. The dough is made of butter, ¼ cup, creamed with a cup of granulated sugar, 3 eggs, a teaspoonful of salt and 2 of baking powder, some 2½ cups of flour seasoned with

powdered cinnamon and nutmeg, a large pinch of each (if one pinch be larger, use it on the cinnamon) and enough milk to make a stiff dough. Roll it and cut with a doughnut cutter and fry in deep oil, not too many at a time. Dust with powdered sugar. The cutout centres may be fried "as is" or rolled again. A doughnut by any other shape is called a "cruller," usually long drawn out, doubled and twisted.

FRENCH DOUGHNUTS

If we write of French pancakes, it is hardly fair to omit French doughnuts. They are made as follows: Beat 3 eggs and mix with 4 ounces of powdered sugar and 2 teaspoonfuls grated lemon rind and make into a thin dough with 6 tablespoonfuls or so of flour. Roll and cut in rings. Drop in boiling water and when they rise to the surface, take out and drain. Brush with beaten egg yolk and bake in moderate oven for 20 minutes.

BAKED APPLE

A baked apple, often used as a dessert, might as well appear now. Core the apples but do not remove the skins. Place them in a pan, with water up to their knees. Fill the holes with brown sugar or half brown sugar and half honey, a good pinch of cinnamon in each and maybe a suspicion of nutmeg. A few currants or seedless raisins inserted may cause pleasant comment. Bake some 40 minutes in a hot oven (400° to 420°F.), baste often and don't let the water get all away. Baked apples should be served very cold with thick cream and sugar and it is worth while noting that the best raw

apples will make the best baked apples and this is "what every married woman should know."

Pears, peaches and bananas may be split, buttered and baked in a little water, later when cold to be sprinkled generously with powdered sugar. A baked banana or pear may be served hot as an entrée.

PIES

APPLE PIE

A pie may be made or marred by the condition of the pie-crust and as the bottom of a pie is hardly ever eaten, why bother with it? The Gun Club believes in individual deep dish pies with a top crust only. If the crust gets out of hand it can be thrown away and the remaining baked fruit is not so bad in itself. It's admitted that this is discarding from weakness but a half baked pie may be better than none. In making pastry as in mixing mayonnaise or in shaking a cocktail, everything must be kept very cold.

To make the lid for the pie. Add ½ pound of butter to a pound of well sifted pastry flour, cut it in with a knife until it cannot be cut in or cut up any more.

It will resemble corn meal. Add ice water slowly and mix by hand gently. Roll out dough on a floured bread board or glass plate. Roll thin and sprinkle particles of butter over it, fold half over and repeat. Keep on repeating until another ½ pound of butter and all one's patience is used up. Roll the dough in a piece of cheese cloth, put in the ice box and go out and get a drink, or several of them, as the dough will keep a week or more. The next day, if strong enough, renew the attack. Fill

the individual deep pie dishes with cut up and pared tart apples (not too small cuttings), sugar, butter and flavorings. A layer of apples, then small lumps of butter, a sprinkling of sugar, a dash of grated lemon rind and a pinch of each of powdered cinnamon and cloves. Another layer of apples and so on to the top. Then a thin layer of the pie crust dough, crimped over the edge of the dish and a few holes in it to let the steam escape. Unless the dish be very small the pastry may sag into the mixture. This shouldn't be. The centre may be supported by a whiskey glass or egg cup. A little water may be added if the apples are not juicy. Bake from ½ hour to 40 minutes and when done remove the glass or egg cup, lest the guest think there has been a technical error. The pie should be very cold when served and in the centre where the egg cup was, pour in a jigger of Jamaica rum. Even if the crust is no good, the insides will be eaten. Tradition has ordained that cheese be served with apple or mince pies. There seems to be no particular reason for this and the Restaurant in the Capitol Building at Washington calculates to save itself some three hundred dollars a year by omitting this gratuitous cheese offering.

BLUEBERRY PIE

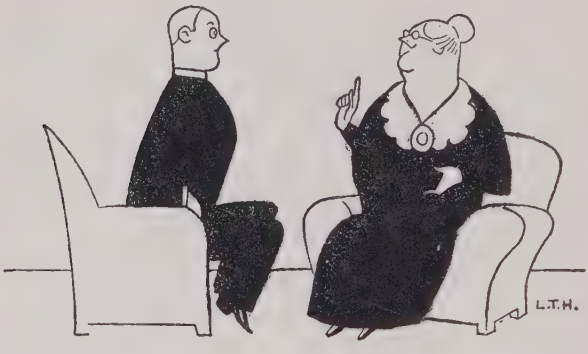
Blueberry pie and all the fresh fruit pies are made in the same general manner as apple pie. The fruit is mixed with sugar or syrup; currants and pie cherries needing about twice as much sugar as the sweeter fruits. A little lemon rind or juice is always in order to add pep.

Blackberries may be combined with blueberries in the

making of a pie, and the alliance is an excellent one. The smaller fruits and berries are cooked whole, while peaches, pears, etc., may be peeled and quartered.

LEMON PIE à la "Royal Palace" (Atlantic City)

Line pie plate with rich thin pie crust and pierce to keep sides from falling. Bake to nice golden brown.



. . . she has probably been bragging about her method for years.

Filling: Yolks of 6 eggs, juice of 2 lemons; put in double boiler, stir until like a custard, take from fire. Beat whites of eggs and stir carefully into custard. Fill shell and bake quickly.

MINCE PIE

Mince meat has so many things in it, it is better to let one's grandmother make it, since she has probably been bragging about her method for years. If *bonne-maman* isn't available, try the grocery man.

FRITTERS

Fritters are made by frying articles incorporated with or covered by, a batter. A fritter batter is made of flour, eggs, milk and salt. When used with non-sweet entrées, clams, oysters, vegetables, etc., it is seasoned with salt and pepper, and when fried with fruit for a dessert, it is flavored with grated lemon rind and sugar. Two eggs to a cup of flour are used and 2 tablespoonfuls of sugar added for a sweet fritter. Fruit for fritters is cut in proper size, marinated an hour in a lemon juice and sugar mixture, then dipped in the batter and fried in deep oil. The fruit may be cut up and mixed with the batter (apple sauce, etc.) and fried, a tablespoonful at a time. Sweet fritters should be dusted with sugar and may be accompanied by a fruit juice sauce (fruit stewed a few minutes with sugar and then strained) or a jelly.

All varieties of fruit and berries may be used to make fritters and the non-sweet kind used for entrées being in the nature of croquettes may use almost any precooked meat, fish or vegetable.

CAKE

Of the making of cake there is no end, and for the Gun Club hardly any beginning.

FRUIT CAKE À LA RIVERSIDE

The cake: ¾ lb. butter, 1 lb. sugar, 4 cups of flour, 10 eggs, beaten into cake, one at a time. Two teaspoonfuls baking powder.

The fruit: 2 lbs. of raisins, 2 lbs. currants, ¼ lb.

chopped citron, ¼ lb. lemon or orange peel, or both mixed.

One lb. English walnuts, cut up, 1 teaspoonful powdered cinnamon, ½ teaspoonful powdered cloves, 1 teaspoonful nutmeg. A glass of brandy (apple jack will do in New Jersey). Mix some of the flour with the fruit and then incorporate with the dough and bake ¾ to 1 hour.

ICE CREAM

Ice cream is merely sweetened and flavored cream, mixed up in a freezer until it is frozen. Store ice cream has a lot of water in it; French ice cream has egg yolks and possibly arrow root, and nobody knows what is in ice cream cones.

The method of making ice cream is not complicated. First get your cream, heat in a double boiler, add 2 cups of sugar to a quart of cream and ½ teaspoonful of salt. When cold add desired flavoring and put in an electrically operated freezer, leaving a little room at the top, pack in ice and salt—about 1 part of salt to 8 parts of ice—turn on the switch and let her freeze! but come back in ¼ of an hour. Innumerable flavorings may be used—once upon a time on Leipziger Strasse we had horseradish ice cream—but vanilla seems to be the favorite. This is best gotten by scraping out the inside of the vanilla bean in hot milk, but as this costs time and money, the vanilla extract, ½ tablespoonful to the quart, is more generally used. Vanilla ice cream may be decorated with sweetened fruit sauces at the table and some people persistently pour hot chocolate over it.

Caramel (burned or cooked sugar and water) flavor-

ing may be added to vanilla ice cream by cooking or caramelizing part of the sugar.

Strawberry ice cream is a great favorite in and out of season. The berries may be strained or mashed up and added. Raspberries or other small fruits may be "marinated" in sugar and a little water and then pushed through a sieve. Rolled dry macaroons and chopped up nuts are used to make "bisque" ice cream.

WATER ICES

The juice of any fruit may be used in making water ice (such as orange, lemon, pineapple, etc.) or small fruits, berries, cherries, may be stewed a few minutes with sugar and then chopped, mashed or used whole. Usually there would be 1 cup of the flavoring fruit to a syrup made of a quart of water and 2 or 3 cups of sugar, depending upon the sweetness of the fruit used.

It is permissible to use vegetable coloring extract to add to the natural color of a water ice; this would be especially true in making a cherry ice.

Chapter XIX

On Miscellaneous Matters

Cheese, Coffee & Condiments. Garnishment. The Chafing Dish. Paper Bag Cookery. Left Overs, Shore Dinners, Clam Bakes, Camp Cookery & Barbecues

CHEESE

As noted elsewhere, it is difficult to recommend any particular variety of cheese since its condition is more important than its make. As cheese is a highly concentrated food, it would seem to be more appropriate with a light lunch than with a heavy dinner. Possibly the custom of serving cheese after dinner, with the coffee, was adopted for the same reason that the English eat "savories"; to restore the appetite to normalcy so that the oncoming port wine could be appreciated. The soft cheeses (Cream, Neuchâtel, Camembert—which should be soft), and the semi-soft cheeses (Roquefort, Gorgonzola and Stilton, the last named very often too hard, are "sisters under the skin" or rind, being the same type but coming from France, Italy and England respectively) are all good luncheon cheeses. They may be served as they come from the market or may be doctored with sherry or brandy or beaten up with butter and chives, pepper and other sea-

soning or they may be mixed with other and softer cheeses. Soft or softened cheese may be rolled into balls and coated with toast crumbs; this makes a neat serving, especially with salad. Swiss and French Swiss (Gruyère) cheeses, sliced thin, make fine sandwiches with rye bread, the cheese thus used seems to demand prepared mustard, while the cheese eater should have a mug of beer close at hand. One could go much farther and get a worse lunch. For grating and cooking, any hard cheese may be used, the favorites being Cheddar (American or English), Gruyère and the Italian Parmesan and Roman. Parmesan and Gruyère mixed make a good combination in cooking but nothing is better than a Cheddar for making a Welsh rabbit. Paul Reboux in his "Essay on the New Gastronomy" (New French Cooking) suggests "larding" cream cheese with slips of Gruyère, sprinkling with raspings of bread and a few caraway seeds. He says the result will be "unexpected" and he is right,—the consumer might think he was biting down on a piece of rind or a wandering match stick. Cheeses as a rule are not incompatible, so there could be no harm in trying any combination, at least once.

COFFEE

Coffee should be freshly made in a French drip pot or in a percolator. Time was when the coffee bean used to be roasted on the home kitchen range, spreading a delightful aroma throughout the house, but nowadays it comes roasted and ground in an air tight container, some "dated," some not. If the first drop of coffee is good, it will be "good to the last drop" and if the first

drop is bad, nobody will drink the last drop. A pinch of salt and half a teaspoonful of butter placed on the top of the coffee about to be percolated will accentuate the flavor and make for richness.

TEA

Tea should be made by pouring boiling water over tea leaves in an earthenware pot. One teaspoonful of tea leaves will make 3 cups; most people use too much. There are innumerable varieties and combinations of tea; ¾ of Formosa mixed with ¼ Ceylon being one of the best.

CONDIMENTS

It was Warner in his "Antiquitates Culinariae"—1791, who inferred that condiments were used in England to spoil good meat and in France to make bad meat eatable. While this isn't exactly so, there is some justification for the thought. There is a rather general tendency to use too much seasoning, and it is rather discouraging to a cook to see a delicately flavored dish deluged with salt at the table. We of the States being rather given to excess, use outrageous amounts of sugar, salt, catsups, and all kinds of flavoring with our foods but as innumerable glasses of ice water would wreck any well-thought-out meal, we have to "taste something."

Salt, pepper and sugar are the chief condiments. Salt should be used sparingly, pepper from its nature generally is, and sugar unless it be the object in itself, only enough to bring out the other flavors. A teaspoonful of sugar in a quart of meat stock or stew will add no per-

ceptible sweetness in itself but will accentuate other flavors. Black pepper should be freshly ground and gives more aroma if not too fine. Red or cayenne pepper is not only an excellent condiment for flavoring but is a wholesome aid to digestion; an excessive amount gives its own warning. Indian (Nepaul) and South American peppers are used occasionally but do not take the place of the "black and red." The darker paprika from Hungary has more flavor than its brick dust cousin from Spain but it is the color rather than the taste which makes paprika useful.

GARNISHMENT

Food is more likely to tempt the appetite if it pleases the eye, and so a dish should be presented that is attractive in appearance.

Parsley being sprightly and of pleasing color, is used more than anything else to decorate a dish.

Lettuce leaves go well with cold dishes and salads or dishes masked with mayonnaise admit of extensive garnishment with fancy-shaped vegetables, truffles, hard-boiled eggs, olives, radish "roses" etc. Contrasting colors are always in order but garnishment should not be overdone, it being well to remember that it should be used like a well-chosen picture frame, to add to the appearance of the main object, not to supplant it.

THE CHAFING DISH

The chafing dish has been spoken of under "Suppers" in Chapter II and it may be used to cook anything which

can be done in the ordinary frying pan. As the chafing dish is used at the table in the presence of the waiting guests, only food should be used which can be prepared in a very few minutes.

Pre-cooked food which only requires heating in sauce (Newburgs, à la King method, etc.), cheese which is "cooked" as soon as it melts, eggs, and small articles which can be fried in a short time, like frogs' legs, chicken livers, etc., are all fitted for chafing dish procedure. Whole books have been written on chafing dish possibilities (one by this very name by Fannie Merritt Farmer of the Boston Cooking School) and the possible experiments are interesting and endless.

PAPER BAG COOKERY

Cooking in paper bags is as old as the hills, probably the ancient Egyptians used papyrus to wrap up food and bake it in the shadow of the pyramids; but about twenty years ago Mr. Nicolas Soyer, Chef of the Brook's Club (London) and grandson of the "Great Soyer" gave a new impetus and publicity to paper bag cookery. He wrote a small book on the subject, in which he gives a surprising number of receipts applicable to this method. The articles to be cooked are placed in bags of a special kind of paper, the bag is oiled inside and sealed and its contents placed on a rack in a slow oven.

The food is really steamed and baked and for small articles the method does rather well, but nowadays it's hard to get the bags. A new kind of parchment paper called "Patapar" is on the market. It is said to be strong enough to resist boiling water and so vegetables

may be cooked in it without losing any substance or flavor.

LEFT OVERS

As there have never been any "left overs" at the Gun Club, their treatment can hardly be included in this book. Of course, good food should never be thrown away and many cooks, the French in particular, have given much attention to dishes made from twice cooked food. The methods of such experts should not be confused with the popular newspaper or "tabloid" appeal to thrifty housewives. We too could make a "tasty dish for a family of five" by utilizing "half a cupful of boiled rice left over from yesterday's luncheon." We would, for instance, add 2½ cupfuls of curried chicken, serve with Major Grey Chutney, Bombay duck and pomppadums. Fresh asparagus, Hollandaise, or new peas should accompany this and perhaps mushrooms, *sous cloche*. As a preliminary to this "left over" luncheon we might suggest hors d'œuvres *variés* or fresh Beluga caviar and then a cup of green turtle soup or consommé Bellevue, if ladies be present.

A pleasant and appropriate adjuvant to such a luncheon would be a glass or so of chilled Sauterne, such as Haut Sauterne B. & G. 1904, or perhaps a Barsac or Graves for the ladies. Yes, we could use left overs if need be, though left to ourselves we would give yesterday's rice to the dog and start the day anew.

SHORE DINNERS

Shore dinners need not be specifically mentioned in a cook book, but as they often appear in alluring adver-

tisements, it may be well to state what they are or what they are supposed to be. While probably originating at seashore resorts—whence comes their name—they are no longer confined to any littoral.

They are the product and the province of the road house and their appeal is to the motorist. A "Shore dinner" may be composed of almost anything the hotel larder affords but always there must be clams, hard or soft, to tie the dinner to the shore.

Usually uncounted hundreds of steamed clams with melted butter and hot catsup usher in the feast, clam broth or maybe clam chowder on the side, then a baked bluefish with olives and celery; lobsters, live broiled (so-called) with drawn butter, and spring (year not given) chicken, corn on the cob with lots more butter, potatoes *au* paprika (and butter) and perhaps fresh asparagus (same sauce), the pumpkin or apple pie or huckleberry pie with ice cream on top, called "à la mode," or cantaloupes with ice cream in them, a worse mode, or watermelon in season, and coffee. The Gun Club cites these outrageous feasts but cannot recommend them; they should be served in troughs.

CLAM BAKES

Clam bake is a general term under which clams, crustacea, fish, lamb chops, vegetables and all other kinds of flora and fauna are cooked together. These articles are steamed, rather than baked, and the method of procedure probably originated on the rockbound coast of New England where clams and rocks are both indigenous. The custom of having clam bakes has spread

throughout the country and the methods of cooking differ. In the clam bake's natural habitat the *modus operandi* is as follows: A shallow trench or rectangular hole is dug on or near the beach—the sea air originally being a natural concomitant or an excuse for the bake. Cobbles or any smooth stones are spread over the bottom of the hole and a raging fire of drift wood, or its equivalent, is built upon the stones. After the fire has burned down and the stones are as hot as may be, the ashes and debris are swept aside and a layer of damp seaweed is spread upon the stones. Upon this steaming bed the food is placed; clams, hard and soft, corn on the cob and in the sheath, potatoes old and new, white and sweet, lobsters, perhaps alive, crabs, hard, soft or medium, chicken, plucked, drawn and quartered and wrapped in cheesecloth, lamb chops, and pieces of fish in gauze and anything else available or desirable. All this is now covered with wet seaweed and a bucket or so of salt water poured on and then, to keep the steam in, the whole thing is covered with a piece of canvas or a horse blanket. The hot stones cause the salt water to steam, the seaweed adds aroma and the food is baked or steamed for two hours or more, the time depending somewhat upon the patience of the guests or the numbers of rounds of synthetic cocktails.

When the bake is opened the steaming viands are handed to the expectant guests to be eaten in a manner which depends upon the local ground rules.

Sometimes on the beach *au naturel*, other times at tables on tin plates with plenty of drawn butter and catsup sauce and a negro band in the offing.

Beer should be served copiously, when and where possible, because in clam bakes, drink has an important

function other than for "beverage purposes." Alcohol removes inhibitions and to enjoy thoroughly a clam bake, one's social inhibitions as to table manners should be removed.

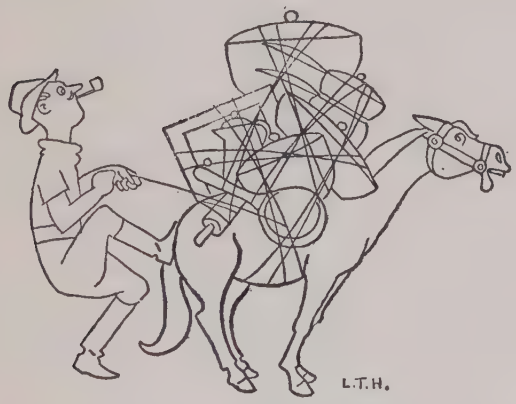
In inland cities, in the mountains back of Wilkes-barre and in other cities, far from the restless sea, clam bakes are memorable events, and in these localities the lobsters, clams and other foods are steamed in large cans or wash boilers, with or without seaweed, usually without.

As a matter of fact, the same food can be cooked as well or better on the kitchen range of a modest home or in the kitchenette of an immodest apartment. It's trite to say it's the company that makes or mars the clam bakes—and most everything else for that matter.

CAMP COOKERY

The great outdoors, so well advertised in the movies and the fact that most men dislike to shave or "change" for dinner, makes "camping out" of almost universal appeal to the male. Men like to be where "men are men"—whatever that means—and the wide open spaces call insistently. The towering mountains, the beetling crags, nature's primeval forest, the rushing torrent or the babbling brook, in fact, the "call of the wild," gets us all at one time or another, and for that reason there is more "bull" talked and written about camping out and camp cookery than perhaps on almost any other field of human recreation. It is not our province to discuss camping out (Abercrombie and Fitch's display

would tempt any one to leave home—for a while) but we will say that most guides know little or nothing about cooking. From Maine to California and from Canada to Florida, the guides we have encountered seemed to think that cooking means heating up everything in a handful of lard, and everything with an even



. . . a "heathen Chinee" . . . insisted on carrying a whole pack-horseful of kitchen utensils.

cold start. A bright exception to this rule was a "heathen Chinee" who went grumbling with a pack train into the Lake Tahoe district and insisted on carrying a whole pack-horseful of kitchen utensils—and it's some job to throw a diamond hitch over stewpots and broilers.

The principles of cooking are the same everywhere but in a camp the apparatus is limited, but with plenty of hard wood and a Ford car instead of a pack-horse, life under the stars can be most comfortable.

Hickory is the best wood for burning, and a big log should be put back of the fire to act as a reflector and keep the sparks from blowing around. Kettles for stewing and heating may be hung over a fresh fire, but for broiling or roasting it is better to wait until the fire has burned down to coals. Small pieces of meat, fish or birds may be broiled on sticks or planked on shingles or pieces of new bark, before the fire. Potatoes may be baked in the ashes, reminiscent of our childhood days and the potatoes about as badly cooked.

A frying pan, with a longer handle than the home article, is used to cook bacon and eggs and to sauté anything. Small birds, drawn but with their feathers left on, coated with damp clay and properly covered with ashes under the fire will cook well but take considerably longer than in the oven.

When done the feathers and skin all come off together, and as the birds appear very anæmic and quite nude, it is better to rub them with butter and brown them a bit before the fire.

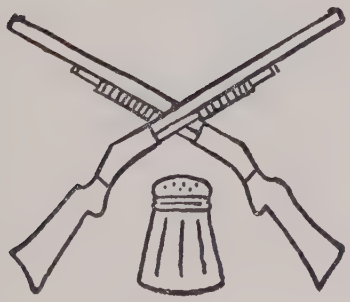
Corn bread is most acceptable in camp and can be baked, as well as biscuits, in a reflector baker. Pan cakes can be done in a frying pan, but of all camp cooking the stew or "mulligan" is the *pièce de résistance.*

The pot should simmer all day, presuming there will be some one around camp to watch it. It should be kept scumless, and any kind of meat, rabbits, squirrels, venison or birds may go in it, onions perhaps for flavoring, but it is better practice to boil the potatoes and onions separately. But why go on? Why not get Horace Kephart's books on camping and camp cookery and learn the whole business?

BARBECUES

In a "barbecue" the animal is cooked whole, held in a frame over or in front of the fire.

The secret of success, if there be a secret, depends upon the size of the animal to be used. Anybody can barbecue a rabbit; but an ox, well, that's another matter, and suppose it was done, who would carve it or eat it?



Chapter XX

On Beverages

WINES AND BEERS

Unfortunately this is not the time or place to speak of wine which "maketh glad the heart of man." For those happy travellers going to the land of the wine press, we could recommend many books but take George Saintsbury's *Notes on a Cellar-Book;* read it and weep, unless you are where one doesn't weep, but only rings the bell. Or tear out the page, printed for the purpose, on vintage wines, in Julian Street's *Where Paris Dines,* and paste it in your hat. "Not to be manufactured, transported or sold for beverage purposes"; the "saddest thought of word or pen."

Then there's beer—Pilsener beer—the greatest and most satisfying, and the most wholesome all-round drink man has ever produced. Not a jag in a jugful!

COCKTAILS

A cocktail is an American invention and not one to be particularly proud of, for strangely enough, a cocktail to be good, must be so cold it can hardly be tasted. However, a cocktail is a social drink and has increased in popularity a hundredfold since Prohibition made it

"smart." A modern cocktail is a fruit juice punch with synthetic gin or raw apple brandy; it is made every way in every place and is drunk before, after and between meals. Probably the original cocktail was what is now called an "old-fashioned" one; next came the "Man-

. . . unless you are where one . . . only rings the bell.

hattan" then the "Martini" followed by a "Bronx," and from then on, most anything. These formulæ are presented for their historic value only or in case the age of reason returns.

OLD FASHIONED COCKTAIL

A block of sugar is placed in the bottom of a large whiskey glass, a few drops of angostura or orange bitters squirted on, a good sized drink of rye whiskey, a bit of lemon peel squeezed in, a tablespoonful of water and two or three pieces of ice. It should be made in

individual glasses, never mass production, stirred but not strained.

MANHATTAN COCKTAIL

One part Italian Vermouth, two parts rye whiskey, a dash of angostura bitters. Frappé in cracked ice. A maraschino cherry used to be served in them.

MARTINI COCKTAIL

One part Italian Vermouth, three parts gin. Frappé. A stuffed olive may take the place of the maraschino cherry. Dry or sweet gin may be used and French Vermouth for a very dry cocktail. Half Italian and half French Vermouth, one part, and dry gin, three parts, making a "Perfect" cocktail.

BRONX COCKTAIL

A Bronx cocktail is a Martini with some orange juice or peel in it. It was the first departure toward the fruit juice cocktail complex.

STAR COCKTAIL

A Star cocktail is composed of half apple jack and half Italian Vermouth. A large proportion of the brandy may be used if a dryer cocktail is desired. The more apple jack, the more "stars" may be seen.

JACK ROSE COCKTAIL

One portion apple jack, juice of half a lime and a teaspoonful of grenadine syrup, shaken together.

ZAZARAC COCKTAIL

What the Clover Club Cocktail did to Philadelphia, the Zazarac did to New Orleans, only it did it quicker. With a few of these cocktails and an absinthe drip or so, anybody could "win the war" (or start a new one).

The Zazarac was compounded as follows: ⅓ Bacardi rum, ⅓ rye whiskey, ⅙ anisette (Marie Brissard), ⅙ gum, 1 dash each of angostura and orange bitters, 3 dashes absinthe, shake in ice, strain, pour in glass and add twist of lemon peel, and so to battle.

CLOVER CLUB COCKTAIL

A Philadelphia concoction, may be one of the jokes indulged in at the Clover Club. It's an awful mixture. One jigger gin, juice of ½ lemon, white of 1 egg, 1 teaspoonful pulverized sugar and 2 teaspoonfuls of raspberry or grenadine syrup. This will make three cocktails if there can be found three people who want them.

ATHOLL BROSE OR A SCOTCH COCKTAIL

Mix together equal portions of clear honey and rich cream. To this mixture add an equal quantity of Scotch whiskey and frappé in cracked ice. Mr. John Wagner, who kindly contributes this and other receipts, suggests that this Atholl Brose, if drunk at all, should be taken just before one goes to bed.

GIN RICKEY

A gin rickey being a refrigerant, is generally drunk in the good old summertime. It is a drink of gin with 2 teaspoonfuls of pulverized sugar, ice and carbonated water and ½ lime. Sugar may be omitted.

GIN FIZZ

A gin fizz is made with lemon juice, gin, sugar, ice, and carbonated water, and a Tom Collins is the same only more so. A "silver fizz" has the white of an egg shaken up in it.

NEW ORLEANS GIN FIZZ

For forty years the Ramos brothers' bar in New Orleans was famous the world over and never was a bar room better run.

The bar-keeps never hurried and each drink was prepared with the same care. The gin fizzes were made according to a formula which was a specialty and a valued secret of the house. After the place was closed, through no fault of its own, in 1919, Henry Charles Ramos allowed the receipt to be published.

"One teaspoonful powdered sugar, 3 or 4 drops of orange flower water, juice of ½ lime, juice of ½ lemon, 1 jigger Old Tom Gin, the white of 1 egg, 2 tablespoonfuls rich milk or cream, ½ glass of crushed ice, about an ounce of seltzer water. Shake very thoroughly in an airtight shaker, strain and serve."

This wonderful and benign drink pleased literally millions of men and harmed no one.

MINT JULEP

There are as many ways of making a mint julep as there are states in the Solid South but the simplest method is the best.

A tall glass filled with very fine crushed ice, 2 or 3 spoonfuls of powdered sugar, a sprig of mint in the top and all the rest good "licker"; rum or whiskey or brandy, and no other engagements for the rest of the day.

DAIQUIRI

A Daiquiri is a Cuban drink made with lime juice, sugar, Bacardi rum and cracked ice. The best way to make a clinical test is to go to Habana and watch Constantino at the Bar of "La Florida."

APPLE TODDY

This is the famous hot apple toddy brewed at the Schuylkill Fishing Company since 1732 and at the "Rabbit" in Philadelphia of a winter night. Bake in an earthenware dish 13 Newtown Pippin apples. Do not core but remove eyes and stems. Put the baked apples in a 2½ or 3 gallon earthenware jug and add, 2 quarts of Jamaica rum, 1 quart brandy, 12 to 15 lumps sugar, and 2 quarts boiling water. Cover jug with a plate and place near enough an open fire to steam for at least 2 hours before using. Stir quietly with a wooden spoon occasionally while brewing.

HOT TODDY

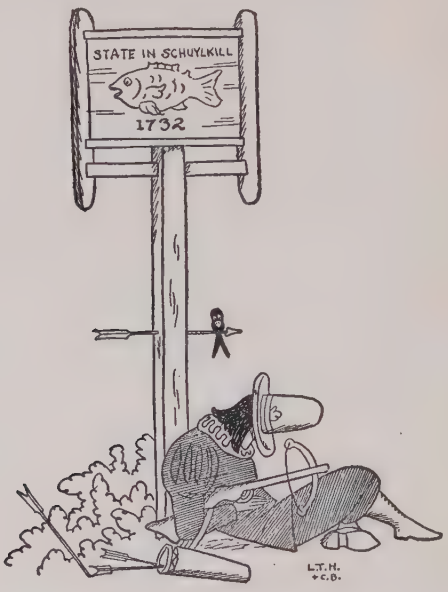
Ordinary hot toddies are made with sugar, hot water, rum, whiskey, brandy or gin and a little lemon juice or peel.

FISH HOUSE PUNCH

This punch has been the main specialty of the State in Schuylkill since the Club started in 1732. It has made countless hundreds happy, including George Washington, Lafayette and later General Pershing, an honorary member. The receipt has never varied.

Slack ¾ pound loaf sugar in punch bowl. When entirely dissolved add 1 quart of lemon juice, then 2 quarts of Jamaica rum, 1 quart cognac, 2 quarts water

and a wineglass of peach brandy. Put a big lump of ice in the punch bowl and allow the mixture to brew for about 2 hours, stirring occasionally. More water



Fish House punch has been a specialty of the State in Schuylkill since 1732.

may be needed in winter than in summer, as the ice melts less rapidly.

The State in Schuylkill is remarkable as a club in that it has been in continuous operation since its founding in 1732. It was started as a fishing club originally on the banks of the Schuylkill River in Philadelphia but nearly fifty years ago was moved "around" to the Delaware. The dining-room or "Castle" was floated down

the Schuylkill on barges and up the Delaware to the new club site, just below Eddington. The deal dining tables, built in 1748, are still in use and have silver plates marking the places where Washington and Lafayette dined. The members do all the cooking and the meals are served by the apprentices. It is customary at each dinner to drink a rising toast (in Madeira) to the "memory of Washington" and to the "memory of Governor Morris." Some visiting sportsmen from New York liked the name of one of the Indian guides, and so they appropriated it for their own club "Tammany"; which club while it was originally a fishing club, has since gone in for larger game.

ORANGE ICE PUNCH

This is a punch which hasn't been used anywhere for two hundred years; it is made simply by pouring champagne over orange water ice and used to be considered a fair method of getting rid of domestic champagne. It is refreshing on a hot day, has a pleasant flavor and gives many people violent indigestion.

FRUIT PUNCH

Just to be fair and to show our lack of prejudice, we here present a non-alcoholic fruit punch for a summer garden party. For 120 persons, take 12 cups strawberry juice, 3 cups of water, 3 cups of strong tea, 3 cups of pineapple juice, 6 cups granulated sugar, juice of 18 lemons, and 18 oranges. Mix in bowl and put in large block of ice. When about to be used add 5 quarts of ginger ale and 7 quarts of White Rock.

Chapter XXI

On Equipment, Utensils & Supplies

It has been said, probably with no foundation in fact, that a good carpenter never complains of his tools. Perhaps he doesn't, but it would only be because a good carpenter would only select good tools for his kit. A cook, however, in most instances has no voice in the selection of the instruments of office. However, for those who have an opportunity to choose, a few suggestions might not be amiss regarding kitchen equipment and utensils.

KITCHENS

In our day and generation the kitchen has undergone considerable changes in its architectural planning, internal arrangement and decoration. As many of us can remember, the old fashioned kitchen had no pleasant features. It was usually in the basement, poorly lighted and with no ventilation; neither comfort nor convenience was considered. It was dark and dirty, the walls a grimy yellow and the floor covered with a drab oilcloth, the trim painted to imitate golden oak, the light a feeble gas jet, and the kitchen range a coal-burning casket usually kept polished or coated with a graphite paste which made it dirtier than before. The ice box was usually on the back porch or in the back yard, and the methods of handling food—milk, meat and vegetables—were unhygienic, to say the least. With

the death of the "Good Queen" and the end of the Victorian Age, a reform or silent revolution took place, a kind of "boring from within." As with medicine when the neat and harmless prescriptions of the Homeopathic school came as a protest against the nauseous nostroms of the Allopaths, so the Sanitary Kitchen—with the aid of vitreous ware manufacturers—came to supplant the former dingy dungeons. Like all reforms, it was overdone and the dazzling white tiles and paint gave the "modern" kitchens the super-sanitary appearance of a hospital operating room. Now we realize, or are beginning to, the fact that color makes for comfort and a room pleasant to the eye is not necessarily disease laden, be it bathroom, kitchen, comfort station or hospital. With the modern attractive linoleums, wall coverings, enamel paints, and bright utensils, the kitchen of to-day or to-morrow may be made a highly pleasant place to work in.

If contented cows give better milk, as the advertisements tell us, a colorful kitchen should make for contented cooks and, of course, the happiness of the cook is, or should be, reflected in the cooking.

The kitchen should be small, with no waste spaces, well ventilated, the windows providing a cross draught, if possible, and lights over all the fields of operation, stove, sink, work table, etc. The stove or range should be selected for use and not merely a thing of beauty. Mother-of-pearl or baby blue have their uses but won't help a kitchen stove. A strongly built café or restaurant range well repays its original cost, and there should be more burners than required for ordinary use; a closed burner burns no gas but an extra one may be a great help in an emergency. The Gun Club prefers

a range with the entire surface free, the broilers above and the ovens below, or a separate stove for broiling. In fact, the Club has in addition to an eight burner range with its two broilers and ovens, a separate charcoal broiler and a very large built-in oven. This oven

If contented cows give better milk, . . . a colorful kitchen should make for contented cooks.

is not only used for large roasts, suckling pig, etc., and planked fish, but on other occasions, with a low fire, makes a fine place in which to heat plates, casseroles, etc.

The color scheme of the kitchen is a personal matter, likewise the make of linoleum or electric refrigerator, but before building a new kitchen or remodelling an old one, it would be well worth one's time to inspect the model kitchen, and consult the engineer, in the

Herald Tribune Building on West 41st Street in New York City.

UTENSILS

In planning a kitchen it is well to have electric outlets in each of the four walls with double plugs in each receptacle. Electrical apparatus is being used more every day, and cords connected to electric light sockets are dangerous and apt to be in the way. An outlet in the centre of the floor may cause a short circuit if water gets in it, and to have the lights go out just as an omelet is trembling on the turn or the Hollandaise thickening, may be (and has been) a culinary calamity. Electric toasters, mixing machines and ice cream making motors, have well passed the experimental stage and are great conveniences, if not necessities in an up-to-date kitchen.

POTS AND PANS AND SUNDRY KETTLES

The pot can hardly call the kettle black if they are both made of non-tarnishable steel or nickel alloys, and while these newer metals are expensive, they are well worth their extra cost. The way to start a kitchen would be to select a few utensils at first but get the very best. A good omelet pan is a joy forever and a poor one is a damned nuisance.

It's trite to say that the best is cheapest in the long run; this is, of course, true of tools in any trade, but in addition to the durability, and of more importance, is the pleasure of working with good implements.

A pot may be replaced but a lost temper is gone forever. Until recently copper utensils were the aristocrats of the kitchen. The French, undisputed culinary

leaders, have for centuries used copper pans, casseroles and kettles. Even the poorer peasants throughout the country use copper, usually hand beaten, to cook in, and it is interesting to note that in France copper preserving kettles can be rented by the day or week. Copper is durable, conducts heat rapidly and, properly polished, admirably decorates the kitchen. The disadvantages of this metal are its weight, the fact that the tin which must coat the interior of the vessels, wears off quickly and has to be renewed, and the everlasting work required to keep the outside polished. In view of the high cost of kitchen labor, this is a burdensome item. Modern hotel managers recognize this, and now in most of the leading professional kitchens copper is being replaced by nickel, nickel alloys and aluminum. Solid nickel is expensive but is almost everlasting, has good conductivity (nearly that of copper), needs no tinning and is fairly easy to keep bright. Aluminum is light and for some work is ideal. It may discolor with some reagents but the rumor, once current, that it poisons food has been totally disproved.

Earthenware dishes are heavy and break easily but can be replaced at little cost. For casserole dishes especially where the food is served in the utensil in which it has been cooked, nothing can surpass in appetizing effect the big French earthenware casserole. The natural habitat of some soups is the upstanding potter's product; *petite marmite*, for example, wouldn't be recognized or appreciated in any other container.

The old fashioned black cast iron skillet or frying pan is hard to beat in its appointed task unless one use a "new fashioned" fry iron superskillet with a brightly polished inside and a self-basting lid, such as the

Griswold people make. Then there's heavy cast aluminum for stew pots with strong tight fitting lids, and the lighter sheet aluminum for boiling processes. And now come the nickel alloys. Chrome nickel or in trade "Allegheny metal" (*q.v.* the Ford car, look, there's one passing now!) is stronger than steel, will not tarnish or stain, is good to look at and never wears out. What more could one ask for?

Probably some day in addition to tin, silver and golden weddings, we shall have chrome nickel or Allegheny metal weddings, and then it will be "come into the kitchen, Maud," rather than into "the garden." Stainless implements and utensils should be used wherever procurable and maybe in the future everything will be untarnishable—except perhaps reputations.

For making sauces and for all work where a so-called double boiler is required, there is nothing better than Kraemer's "rice kettles" with a porcelain food container. These are in reality individual *bains Maries* and serve all the purposes of that excellent utensil.

Oven and frying thermometers theoretically should be used on all occasions, but as a rule they grow old on the kitchen shelf. The thermometer inserted in the oven door is there whether it is wanted or not; it commands attention and is a valuable addition to the kitchen range.

SUPPLIES

For some reasons books never tell the reader where to buy anything, possibly to guard against the charge of being advertising media.

This hardly seems reasonable, but everybody knows that the big department stores and house furnishing

establishments handle kitchen equipment, though many of the sales "ladies" and "gentlemen" are strangely ignorant of the uses of the wares they sell. The big kitchen supply houses are well known, but it is doubtful if one could find a "Casserole Furnishing Co." or "Indian pomppadums" in the classified telephone directory, so we will risk criticism by saying that the "Bazar Français" (Charles R. Ruegger, Inc.) at 666 6th Avenue, New York City, is a fine place to get all kinds of casseroles, forks, glasses, and a lot of other kitchen things. We even saw a French clock-work spit there once. For chafing dishes and such table utensils, the copperware plated with silver, made by the Jos. Heinrichs Corporation of New York City, cannot be excelled. When having things made to order by this firm, give them plenty of time and then double it.

Barber's Indian pomppadum, Bombay Duck, Chutney and such things, may be had at Jules Weber, 523 West 42nd Street in the big city, or ask the steward of the India House.

For real Hungarian paprika and spices it would be natural to inquire of B. H. Olds & Co., spice importers, at 88 Front Street, while for the best honey, curry powder, "sugar and spice and everything nice" and for expert knowledge of their uses, why not go to John Wagner's Sons, 233 Dock Street, Philadelphia? These people don't know we have mentioned them and there are a lot more we might think of but the book is nearing an end and the next chapter beckons us. If any one wants any more "dope," "call up this station" or send a postcard (return preferred).

Chapter XXII

On Ancient & Modern Cookery Books

There are three types of books written on cookery and allied subjects. The Technical, Practical and Literary.

This does not include a miscellaneous assortment of cook books which are gotten up for advertisement purposes, or those compiled by Women's Clubs to pay off the mortgage or paint the church. These latter books are merely collections of so-called "favorite receipts" from illustrious people. A woman may be a President's wife or she may be married to a famous aviator or baseball player, pugilist or politician, and yet know nothing about cooking. Such a woman's name may help sell a book, bed or toothpaste, but in a kitchen it may have no particular value. These books are neatly gotten up, filled with quotations and are usually bound in oilcloth, presumably with the idea that they will be used in a greasy kitchen. Some of the receipts may be original or tested, but most of them are probably copied from the "cooking helps" in newspapers, and as for the practical waterproof binding, nobody should read a cook book during operations in the kitchen; while one is absorbing learning the food may absorb grease or go up in smoke.

It wouldn't be possible to give here any list of either

ancient or modern books on cookery. Ancient cook books belong to the realm of the collector and to attend auctions and to search around in book stores is part of the game. Those interested are referred to the *Bibliographie Gastronomique* by Georges Vicaire and A. W. Oxford's *English Cookery Books* (prior to 1850), also to the well selected bibliography in Ellwanger's *The Pleasures of the Table*. The subjoined list is given merely to illustrate the three types of cookery books; it is by no means comprehensive and probably fails to mention many of the most important works. Repeating then, the three types of books on cookery are Technical, Practical and Literary.

TECHNICAL COOK BOOKS

The technical cook books are written or compiled by chefs of wide experience and are mainly intended for professionals who operate in hotel, restaurant, or club kitchens. Other than as excellent reference books, they are of little use to the amateur. They pre-suppose the cook to have at his command an extensive equipment, unlimited supplies and a dozen sauces simmering in the *bain Marie*.

We cite a few examples from our library of this type of cook book. Any public library will have countless more.

Le Grand Livre de la Cuisine, by Prosper Montagné and Prosper Salles. Earnest Flammarion, Editeur. Paris, 1929. The last word and probably the most words on the subject.

Grand Dictionnaire de Cuisine, by Alexander Dumas. Alphonse Lemere, Editeur. Paris, 1873. The

last book written by the Incredible Marquis or his numerous collaborators. Interesting for the library.

The Modern Cook, by Charles Elme Francatelli. London, 1846. Running to ten or more editions. Everything is "modern" once.

The International Cook Book, by Alexander Filippini. Doubleday, Page & Co., 1913. Quite complete, with many menus.

The Epicurean, by Charles Ranhofer, formerly chef of Delmonico's and honorary President, "Société Culinaire Philanthropique." John Wiley, publisher, Chicago, 1920. A monumental work with "all the news that's fit to print."

La Cuisine Moderne, by an anonymous collection of professionals. Librairie Aristide Quillet, Paris. No date given, so presumably it will always be modern.

A Guide to Modern Cookery, by A. Escoffier. William Heinemann, London, 1911. Escoffier, of the "Carlton," London, is one of the great "modern" cooks (they all like the word "modern" and yet it's so transient), a king of cooks and a cook of kings. One should buy this book if only out of respect to him.

The Cook Book by Oscar of the Waldorf, by Oscar Tschirky. The Saalfield Publishing Co., Chicago, 1908. Not to know Oscar of the Waldorf is not to know the spirit of New York. Oscar, long may his tribe increase, is not only a Maître d'Hôtel, he is a friend of humanity.

The Hotel St. Francis Cook Book, by Victor Hirtzler. The Hotel Monthly Press, Chicago. Everybody

in California knows that Saint Francis was named after San Francisco, but the ascetic of Assisi would scarcely feel at home in the hotel of his name. New Yorkers wouldn't acknowledge it, but the kitchens in the City of the Golden Gate cannot be excelled, but then the chefs of Tait's, St. Francis, the Fairmount, and the Old Palace Hotel probably all came from France anyhow. This hotel cook book has a menu for each day of the year and tells how to produce the dishes. It could be used by amateurs of the better grade.

La Cuisine de Tous Les Pays, by Urbain-Dubois. Flammarion, Paris. This book has run into many editions; it gives a Frenchman's description of foreign dishes.

Encyclopedia of Modern Cooking, by J. Cancel. While this is more of a glossary than a cook book, it is a valuable addition to any library.

PRACTICAL COOK BOOKS

The practical cook books are those written by "household experts," usually women, for home use. These books are fairly comprehensive but have a tendency to over-emphasize pastry, pies, puddings and cake. This may be due to the wifely idea that while the necessary may sustain, it's the fancy that pleases and the husband must not only be nourished, he must also be cajoled, and husbands are notoriously fond of sweet stuffs. In fact, one of the books brazenly advertises on its cover "the way to a man's heart"—to be translated "pocket book" by those who know.

Mrs. Rorer's Cook Book. Mrs. Rorer, perhaps the best known cook of the last generation. Contemporaneous with Queen Victoria and better known (in the States).

The Boston Cooking School Cook Book, by Fannie Merritt Farmer. *The Boston Cooking School Cook*

. . . the wifely idea that . . . it's the fancy that pleases.

Book is perhaps the one standard work on the subject. It has repeatedly been the best seller in the non-fiction class; and many cook books are neither best sellers nor non-fiction. *Chafing Dish Possibilities* is a small but useful book by the same author.

Everybody's Cook Book, compiled by Isabel Ely Lord from the records of the School of Household Science and Art, Pratt Institute, Brooklyn. Harcourt, Brace & Co., New York, 1924. This ought

to be "Everybody's" cook book; as the title page says, it is "a comprehensive manual of home cookery" and if one were allowed only one cook book, this should be "It."

The Blue Book of Cookery, by Isabel Cotton Smith. The *Literary Digest* (Funk & Wagnalls Co., New York). This is a fine and worthy cook book with enough in it to keep the happy housewife busy.

Lowney's Cook Book, by Maria Willett Howard. Walter M. Lowney Co., Boston. While this book was gotten up to advertise Lowney's Chocolate, it gives a great number of general receipts. It is very well written and easy to follow.

Mrs. Beeton's Household Management—Ward, Lock & Co., London and Melbourne. On the jacket of this book it modestly states that it is "The best cookery book in the world." Without denying or affirming this, we will say it's the "most" cookery book. It has everything in it, including the kitchen stove.

There are scores of other practical cook books, the *Winston Cook Book*, the *Settlement*, the *Blue Gingham*, the *Continental*, the *Congressional* (names and quotations to help the Congressional Club) and books, long and short, by Katherine Fisher (*Good Housekeeping Institute*), Mrs. Allen (there are two Allens, Lucy G. and Ida C. Baily Allen), Janet M. Hill, Mrs. Thomas Bailey Aldrich, Mrs. Lucas, Edith Fulcher, and so many more that we cannot name them, though we apologize to any not mentioned.

There are some practical cookery books in French, though as a rule the authors in that country run to the technical.

Les Plaisirs de la Table, by Edward Nignon. Paris. Sold at Larue's restaurant where Nignon is chef. Not to be confused with Ellwanger's *Pleasures of the Table.*

Livre de la Cuisine Moderne, by Blondeau. Plique & Cie, Paris.

La Véritable Cuisine de Famille, by Tante Marie (maybe she originated the "*bain Marie*" on a *samedi soir*). Librairie, A. Taride, Paris.

There are books on Chinese cooking (Shin Wong Chan, Onoto Watanna, *et al.*) and any number of brochures on specialties in cooking (*Simple Italian Cookery*, Isola; *Eggs in a Thousand Ways*, Meyer, etc.). In Germany we do not find so many cook books. A standard work, *Davidis-Holle, Practisches Kochbuch*, has been kept up to date by Louise Holle (Velhagen & Klasing, Leipzig).

LITERARY COOKERY BOOKS

By "literary cookery books" are meant books written on the general subject of cooking and allied arts. Under this head would come the ancient cookery books which interest the collector more than the cook. The reader has already been referred to the lists of Vicaire, Oxford and Ellwanger. Many of these old books (and modern ones, too) are merely copies, sometimes poorly disguised, of books that have gone before, a re-hash as it were, and most of them contain directions far afield from cooking, sometimes "how to treat lice" or rather people who have them; again the art of mending a wheel-barrow or avoiding pimples. Probably the cook

or housewife kept a scrap book and jotted down anything of interest. One or two examples will suffice here.

Almanach des Gourmands, by A. B. L. Grimod de la Reynière. "Par un vieil amateur." Chez Maradan, 1803 *et seq.* Ellwanger devotes a whole chapter to this book, which undoubtedly furnished inspiration to Brillat-Savarin and started him on his physiology.

The Compleat Housewife, or, Accomplish'd Gentlewoman's Companion, by E. Smith, London, 1741. This book by Mrs. Smith (we hope it was "Mrs." though we are not told) contains a remarkable and rather humorous preface, and in addition to some six hundred of the "most approved receipts" in cookery, it has some three hundred "Family Receipts of Medicines." If medicine was practiced as suggested in these cook books, it is a wonder the race survived. Mrs. Smith's remedy for "falling sickness" would put the "Watch and Ward Society" out of business.

Old Cookery Books, by W. Carew Hazlitt. Eliott Stock, London, 1902. Nobody who is interested in the subject could possibly do without this little book.

The Feasts of Autolycus, The Diary of a Greedy Woman, by Elizabeth Robins Pennell. The Merriman Co., New York, 1896. A pleasant discourse on cookery books.

The Pleasures of the Table, by George H. Ellwanger. Doubleday, Page & Co., New York, 1902. This delightful book should be the foundation of a library of any one who is interested in cooking,

wining and dining, and one who is not, shouldn't have any library. It is out of print and rather hard to get but it's worth pursuing to the ends of the earth.

Physiologie du Gout, by Brillat-Savarin. Any French edition or:

Physiology of Taste, by Brillat-Savarin. The Centennial Edition, with an introduction by Arthur Machen; a biographical note; and forty designs by Andrew Johnson. Doubleday, Page & Co. This is a limited edition of this classic work, done in English. It's not a receipt book *per se*, and is more philosophical than physiological. Savarin probably started all cook book collectors collecting.

L'Art de Manger et Son Histoire, by Maurice des Ombiaux. Payot, Paris. An interesting little book, can be read when flying from London to Paris, or on the steamer between drinks.

The Gourmets' Almanac, by Allan Ross MacDougall. Covoici Friede, New York, 1930. Rather a chatty discourse on cooking and some other things by one who undoubtedly knows what's what in dining and who's who to dine with. This is in English and one may presume that Mr. Macdougall is not a descendant of Mons. Grimold de la Reynière, though the title of his book might suggest it.

Gourmets' Guide to Europe, by Lt. Col. Newham-Davis. Brentano, New York. If Colonel Davis knew as much about the arts of war as he did about the pleasures of peace, he would certainly have long ago been entitled to a Field Marshal's baton. This book is out of print and another edition is badly needed.

Where Paris Dines, by Julian Street. Doubleday, Doran & Co., New York. While this book and its little predecessor, *Paris à la Carte*, don't tell one how to cook at home, it tells where to go when the home fires fail, and after all a little dining out is a pleasant change.

Notes on a Cellar Book, by George Saintsbury. Macmillan & Co., London, 1920. If one knows *Where Paris Dines* and is lucky enough to dine there, Saintsbury's little book might help with the thirst end of it.

Conclusion

It's easier to start writing a book than it is to stop it. The end should neither be a climax which is exhausting, nor an anti-climax which is depressing. The reader should feel like a man who has just finished a good dinner, satisfied but not surfeited. Books come and go but cooking goes on forever, so one should never regard any cook book as the last word—there is always hope for more.

It would be nice, if possible, to thank all those who have contributed in any way to the contents of this, the *Gun Club Cook Book,* but as there is probably nothing original in it (and this statement is our only claim to originality) we cannot possibly enumerate all the sources of information, we cannot even recall them, so we take this occasion to issue general thanks to all those who helped with receipts, who wrote books from which we have seized ideas, wittingly or unwittingly, and to that noble body of martyrs which has eaten whereof we have cooked, and particularly we thank those who still come back for more; God bless them and help them! In some ways this book differs from others on the same subject. The discerning reader may note, without the necessity of reading between the lines, that we do not approve of the laws relative to Prohibition. This does not mean that we are controlled by the "liquor interests"—we don't know any such "interests,"

nor are we financed by "Wall Street"—we wish we were. It is merely that we think that wine and other alcoholic beverages are, and have been, of the greatest benefit to the human race.

In this view we are supported by authorities recognized as being unanswerable and, with Louis Pasteur, than whom there has been no greater doctor, we believe that the use of wine is of immeasurable value to the individual. One may search history almost in vain to find any great man who either believed in or practiced total abstinence,—of course this does not include the present generation; its members are not yet historically classified. And of the pseudo-prohibitionists we say nothing, lest we say too much. We have known many "representatives of the people" whose habits outrageously belied their votes.

However, that will be about all on this subject; the discussions are endless and tiresome, and if we can believe the late Mr. Milton, prohibition was the first human problem:

> "So glister'd the dire snake, and unto fraud
> Led Eve, our credulous mother, to the tree
> Of prohibition, root of all our woe."
>
> (*Paradise Lost.*)

The "dire snakes" are better organized now and control a majority vote in Congress.

We have mentioned the difference between good cooking and that which isn't so good. There is no "secret" of good cooking, it is the intelligent use of the best materials and the greatest of these is butter.

If one uses the finest butter in sufficient quantities,

the cooking can hardly go far wrong. Butter has its allies—lemon juice, parsley and our old friend, the onion.

The man who "knows his onions" and uses them most—not most on one plate, but more often—is apt to be a good cook, especially if he combines with knowledge of the pungent lily, a proper regard for lemon juice, parsley and over all and in all, butter. Nor is the onion a new fruit; Herodotus tells us that the builders of the pyramids were fed on onions and garlic, and look how strong they are (*sic*).

But cooking is only the half of it. From the producer's side the server of food must recognize that taste alone is not the test of a fine meal. All the senses must be catered to; touch, because food must present the proper consistency to the oncoming fork, firm but not unyielding, like a woman's virtue or a New Year's resolution; sight, by attractive garnishment; hearing, by the "chinking and crackling of the ice in the punch"; smelling, so closely allied to the sense of taste, that without it there is no taste, other than of bitters, sweets, and salts; and, of course, the sense of taste itself, which is the *raison d'être*. But to these five senses must be added another, the sense of "biting."

This is recognized by the packers and preparers of food, but hardly ever mentioned. A "cracker" is so named probably because it "cracks" pleasantly when being bit upon, a soggy cracker would taste the same but would not entertain the eater. The same is true of bacon, its crispness is the making of it; and then there are peanuts—who would eat a soft one? If peanut-brittle isn't brittle, it's nothing. This characteristic is called "croquant" in French; not exactly translatable

but meaning something between crisp and crunchable (or scrunchably crunchable).

It behooves the purveyor of food to think well on these things and on many other things too. The host not only provides good cheer but must be cheerful himself. It's axiomatic that only he can entertain well who likes to entertain. No host or hostess should ever apologize for the food, or cry about "pot luck"; the expression has lost its meaning. Nowadays there isn't any "pot" and should be no "luck." A box of sardines in the garden with a charming hostess is better than nightingales' tongues alone in a dining car. And now that we've finished with the host or purveyor, what about the guest or consumer? What are his obligations?

A man may have a good dinner set before him and yet not dine well, for, says the *Cook's Oracle*, way back in 1817, "Unless the stomach be in good humor, every part of the machinery of life must vibrate with languor," or to quote again, "content your stomach and your stomach will content you."

The digestive processes, as well as all other bodily acts, are but the handmaidens of the mind and so a proper mental attitude is the one *sine qua non* necessary to enjoy a good meal. The table should be approached with pleasurable anticipation, knowing about what to expect, but not being quite sure, like Romeo climbing the balcony. Not starving, for then any food would do, and quantity, not quality, would be the main thought. Contented, composed and yet expectant but never resentful or critical, for emotions play havoc with the appetite and actually stop the anticipatory digestive secretions.

Physically the diner should neither be straining at

the leash nor yet weary with the day's work; a snappy normalcy's the thing and whether a "pretty and well groomed *causeuse*" makes, *per se*, the meal taste better, is a moot question.

From the standpoint of the epicure, pure and simple (probably only the simple are pure), the food would probably be better with no sex element added, but for the rest of us, well, the dinner is the thing, not just the victuals—and then, of course, after dinner, what then?

The end.